

ADAPTED PHYSICAL ACTIVITY, MINOR

The Adapted Physical Activity (APA) program is dedicating to serving individuals of various ages and disabilities by promoting health and wellness, as well as empowering them to reach their full potential. Slippery Rock University (SRU) offers the only APA undergraduate minor in the entire state of Pennsylvania.

MISSION

To provide an opportunity for students to demonstrate professionalism, advocacy and leadership qualities in professional preparation programs by improving the health, physical activity, and wellness of individuals with disabilities.

PROGRAM LEARNING OUTCOMES

- **Communication and Technology:** Communicate effectively in speech and in writing, using appropriate information sources, presentation formats, and technologies.
- **Professional Proficiency:** Apply knowledge, skills, and abilities to meet professional competencies in physical activity for individuals with disabilities.
- **Critical Thinking and Problem Solving:** Locate, analyze, synthesize, and evaluate information and ideas from multiple perspectives.
- **Advocacy:** Apply advocacy skills to assist in the support of health promotion, healthy lifestyles, physical activity, and wellness for individuals with disabilities.
- **Leadership:** Use advocacy and leadership skills to assist in promotion of independence, healthy lifestyles, and well-being for individuals with disabilities.

To access Minor Requirements, please view the Curriculum Guide tab.

Related Links

Adapted Physical Activity, Minor Program Page (<https://www.sru.edu/academics/majors-and-minors/adapted-physical-activity-minor/>)

Physical and Health Education Department Page (<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/>)

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)