

ADVENTURE FITNESS, MINOR

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

Related Links

Adventure Fitness, Minor Program Page (<https://www.sru.edu/academics/majors-and-minors/adventure-fitness-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/>)

Curriculum Guide

GPA Requirement

Minor GPA: 2.0 or higher

Minor Requirements

- Students must complete at least 6 credit hours in their minor from SRU
- A minimum of 6 credit hours must be upper division (an upper division course includes any 3 credit course that requires a pre-requisite)
- A minor shall be no fewer than 18 credits.

Code	Title	Hours
Adventure Fitness Required Courses		
PE 241	Outdoor Pursuits	3
PE 342	Wellness through Movement	3
PE 332	Administration and Management of Physical Activity	3
PE 334	Applied Methodologies in Adventure	3
Adventure Fitness Elective Classes		
Select six credits of the following:		6
PE 123	Stand-Up Paddle Boarding	
PE 125	Bicycling	
PE 182	Introduction to Rock Climbing	
PE 186	Cross Country Skiing and Snowshoeing	
PE 236	Introduction to Kayaking	
PE 272	Enhancing Fitness through Running and Walking	
PE 276	Skate-Based Action Sports	
PE 349	Skin and Scuba Diving	
Total Hours		18

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum

categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

MINOR IN ADVENTURE FITNESS (61F)

This program is effective as of Fall 2018.

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