

# HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN PHYSICAL ACTIVITY AND FITNESS MANAGEMENT

The Physical Education - Physical Activity and Fitness Management concentration will prepare professionals to plan, implement, and evaluate physical activity programs in corporate, community, and non-profit settings. The physical activity and fitness management concentration has intellectual value in academia while addressing emerging regional and national employment trends, student interests and preferences, and community need. The uniqueness of this track centers around a personnel preparation core combined with students preferred choice of two of five well-established and emerging specialty areas.

## Program Learning Outcomes

- **Instructional Excellence:** Develop Physical Activity and Fitness Managers who educate and empower individuals to lead active healthy lifestyles.
- **Physical Health and Wellness Competency:** Develop Physical Activity and Fitness Managers who prepare individuals for an active lifestyle through purposeful movement and healthy nutrition.
- **Social, Emotional and Cognitive Wellness:** Develop Physical Activity and Fitness Managers who prepare individuals with strategies to improve cognition, manage stress and positively interact with others.
- **Physical Activity Management in Community and Commercial Settings:** Prepare Physical Activity and Fitness Managers to coordinate and lead comprehensive wellness programs that promote health literacy and physical activity in Community and Commercial Settings.
- **Professional Advocate and Leader:** Develop professionals who model and value health and advocate for quality health and wellness in schools and communities.

## Related Links

Health and Physical Education - Physical Activity and Fitness Management, BSED Program Page (<https://www.sru.edu/academics/majors-and-minors/physical-activity-and-fitness-management/>)

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-licensure/>)

## Curriculum Guide

### GPA Requirement

Major GPA: 2.8 or higher  
Overall GPA: 2.5 or higher

## Summary\*

Code	Title	Hours
	Rock Studies Requirements	42
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major/Concentration Requirements	60
	Electives	18

\* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate.

## Rock Studies Requirements

Code	Title	Hours
<b>The Rock</b>		
SUBJ 139	University Seminar <sup>1</sup>	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
MATH 117	Quantitative Reasoning	3
	Select one of the following:	3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Subtotal		15

### Integrated Inquiry

<i>Creative and Aesthetic Inquiry</i>		
	Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )	3
<i>Humanities Inquiry</i>		
	Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )	3
<i>Social Science Inquiry</i>		
	Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )	3
<i>Natural Sciences Inquiry</i>		
SCI 101	Science of Life	3
<i>Physical Sciences Inquiry</i>		
SCI 102	Understanding the Physical World	3
Subtotal		15

### Thematic Thread

	Select 12 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> ) <sup>2</sup>	12
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<b>Total Hours</b>		<b>42</b>
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<sup>1</sup> Course offered in multiple subjects; cannot take course in first major subject.

<sup>2</sup> From at least 3 categories; no more than 6 credits from one department; 6 credits must be 300-level or above.

## Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		0-3
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	
<b>Total Hours</b>		<b>0-3</b>

### Computer Competency

Code	Title	Hours
Demonstrate "computer competency" by one of the following:		0-3
Pass Computer Competency Exam OR		
Select one of the following at SRU or another post-secondary institution:		
CPSC 100	Introduction to Computing for Liberal Arts	
CPSC 110	Computer Concepts	
CPSC 130	Introduction to Computing and Programming	
PE 202	Technology for Wellness	
<b>Total Hours</b>		<b>0-3</b>

### Major/Concentration Requirements

- 30 major credits must be taken at SRU or PASSHE
- 30 major credits must be taken at the 300 level or above

Code	Title	Hours
<b>Required Core Courses</b>		
PE 131	Foundations of Leadership in Physical Activity <sup>1</sup>	3
PE 202	Technology for Wellness <sup>1</sup>	3
PE 231	Strategies for Teaching Physical Activity <sup>1</sup>	3
PE 331	Evidence-Based Physical Activity <sup>1</sup>	3
PE 332	Administration and Management of Physical Activity <sup>1</sup>	3
PE 450	Internship <sup>1</sup>	6
PE 473	Professionalism, Advocacy and Leadership in Physical Activity <sup>1</sup>	3
Subtotal		24
<b>Fitness/Health Courses</b>		
PE 242	Physical Health and Fitness Education <sup>1</sup>	3
PE 268	Contemporary Topics in Health <sup>1</sup>	3
PE 335	Science of the Mind-Body Connection <sup>1</sup>	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab <sup>1</sup>	3
Subtotal		12
<b>Blocks</b>		
Select two of the following blocks A, B, C, D or E		24
<i>Block A: Adapted Physical Activity</i>		
PE 227	Introduction to Adapted Physical Activity <sup>1</sup>	
PE 353	Adapted Physical Activity and Health Through the Lifespan <sup>1</sup>	
PE 460	Program Design in Adapted Physical Activity <sup>1</sup>	
Select three credits from the following:		
PE 262	Adapted Aquatics	

PE 266	Disability Sport in the 21st Century: A Global Perspective	
<i>Block B: Aquatics</i>		
PE 107	Aquatic Fundamentals (Required) <sup>1</sup>	
PE 348	Aquatic Leadership (Required) <sup>1</sup>	
PE 446	Water Safety Instruction <sup>1</sup>	
Select four credits from the following:		
PE 123	Stand-Up Paddle Boarding <sup>1</sup>	
PE 189	Basic Canoeing <sup>1</sup>	
PE 236	Introduction to Kayaking <sup>1</sup>	
PE 237	Emergency Medical Response <sup>1</sup>	
PE 262	Adapted Aquatics <sup>1</sup>	
PE 263	Lifeguarding <sup>1</sup>	
PE 345	Teaching and Coaching of Water Polo <sup>1</sup>	
PE 349	Skin and Scuba Diving <sup>1</sup>	
PE 363	Lifeguarding Instructor <sup>1</sup>	
<i>Block C: Outdoor Adventure Fitness</i>		
PE 241	Outdoor Pursuits <sup>1</sup>	
PE 334	Applied Methodologies in Adventure <sup>1</sup>	
Select six credits from the following:		
PE 123	Stand-Up Paddle Boarding <sup>1</sup>	
PE 125	Bicycling <sup>1</sup>	
PE 182	Introduction to Rock Climbing <sup>1</sup>	
PE 186	Cross Country Skiing and Snowshoeing <sup>1</sup>	
PE 236	Introduction to Kayaking <sup>1</sup>	
PE 272	Enhancing Fitness through Running and Walking <sup>1</sup>	
PE 276	Skate-Based Action Sports <sup>1</sup>	
PE 349	Skin and Scuba Diving <sup>1</sup>	
<i>Block D: Coaching Education</i>		
PE 270	Psychological and Sociological Bases of Sport (Required) <sup>1</sup>	
PE 306	Conditioning for Athletic Performance (Required) <sup>1</sup>	
PE 369	Philosophy and Psychology of Coaching (Required) <sup>1</sup>	
Select three credits of the following:		
PE 230	Teaching and Coaching of Track & Field <sup>1</sup>	
PE 237	Emergency Medical Response <sup>1</sup>	
PE 238	Applied Principles of Exercise <sup>1</sup>	
PE 266	Disability Sport in the 21st Century: A Global Perspective <sup>1</sup>	
PE 301	Sports Officiating <sup>1</sup>	
PE 338	Teaching and Leading Group Exercise <sup>1</sup>	
PE 356	Net/Wall Activities and Games <sup>1</sup>	
PE 358	Lifetime/Leisure Activities and Games <sup>1</sup>	
PE 378	Teaching and Leading of Strength and Resistance Training	
PE 393	Nutrition for Physical Activity, Exercise, and Health	
<i>Block E: Fitness</i>		
PE 238	Applied Principles of Exercise <sup>1</sup>	
PE 393	Nutrition for Physical Activity, Exercise, and Health	

Select six credits from the following:

PE 338	Teaching and Leading Group Exercise <sup>1</sup>	
PE 378	Teaching and Leading of Strength and Resistance Training	
PE 379	Fitness Management <sup>1</sup>	
<b>Subtotal</b>		<b>24</b>
<b>Total Hours</b>		<b>60</b>

- <sup>1</sup> Course counts for 50% of Major requirements and Major GPA
- \* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

### Co-curricular and Experiential Learning

Students are encouraged to explore additional curricular and co-curricular opportunities. There is a strong correlation between long-term student success and participation in the following types of programs and activities:

1. International study programs (short-term, semester, and year-long)
2. Student-faculty research
3. Student leadership development
4. Service-learning classes
5. Career education and development
6. Internship
7. Volunteering

Health and Physical Education - BSED (1158)  
 Concentration in Physical Activity and Fitness Management (PAFM)  
 This program is effective as of Spring 2020.  
 Revised 08.13.20  
 UCC 02.18.20

### 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

## Recommended Four-Year Plan

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
PE 131	Foundations of Leadership in Physical Activity	3
SUBJ 139	University Seminar <sup>1</sup>	3
ENGL 102	Critical Writing	3
INDS 101	FIRST Seminar	1
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	

POLS 235	Civil Discourse and Democracy	
Creative & Aesthetic Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
PE 231	Strategies for Teaching Physical Activity	3
PE 242	Physical Health and Fitness Education	3
ENGL 104	Critical Reading	3
MATH 117	Quantitative Reasoning	3
Humanities Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<b>Hours</b>		<b>15</b>
<b>Second Year</b>		
<b>Fall</b>		
PE 202	Technology for Wellness	3
SCI 101	Science of Life	3
PAFM Specialty Area		3
PAFM Specialty Area		3
Social Science Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
Elective/Minor		3
Declare a Thematic Thread <sup>2</sup>		
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
PE 331	Evidence-Based Physical Activity	3
PE 268	Contemporary Topics in Health	3
SCI 102	Understanding the Physical World	3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
Elective/Minor		3
<b>Hours</b>		<b>18</b>
<b>Third Year</b>		
<b>Fall</b>		
PE 332	Administration and Management of Physical Activity	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab	3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
Elective/Minor		3
Elective/Minor		3
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
PE 335	Science of the Mind-Body Connection	3
PAFM Specialty Area		3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
Elective/Minor		3
Elective/Minor		3
<b>Hours</b>		<b>18</b>

**Fourth Year****Fall**

PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3
PAFM Specialty Area		3
PAFM Specialty Area		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
Elective/Minor		3
<b>Hours</b>		<b>15</b>

**Spring**

PE 450	Internship	6-12
<b>Hours</b>		<b>6-12</b>
<b>Total Hours**</b>		<b>124-130</b>

<sup>1</sup> Course offered in multiple subjects; cannot take course in first major subject.

<sup>2</sup> Work with your Academic Adviser to declare a Thematic Thread by the end of your fall semester in your second year. Click here (<https://forms.office.com/Pages/ResponsePage.aspx?id=ul1VhjsH90-30bc6d8W9kIM7Wtmwv-VJnD6riXkdMh1UNEFHMUNHOEi5TkJOWIRHVzRCMzI3UldNTi4u>) to declare a thread.

Major Code: 1158

Concentration Code: PAFM

Revised: 01.18.2021

**\*\* This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.**