

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

## 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	FYRST 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>
<b>Fourth Year</b>		
<b>Fall</b>		
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>
<b>Spring</b>		
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-VJnD6riXkdMh1UNEFHMUNH0Ei5TkJOWIRHVzRCMzI3UldNTi4u>) 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.*