

HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN SCHOOL WELLNESS EDUCATION

Slippery Rock University's Health and Physical Teacher Education program prepares you to help students maintain healthy lifestyles both at school and outside the classroom. Do you want to inspire young people to learn healthy habits that decrease their chances of long-term health problems? Are you passionate about motivating children to start lifelong behaviors that lead them to healthy futures? Look no further than SRU's School Wellness Education concentration.

Majors in this program are awarded a Bachelor's in Education with a major in Health and Physical Education and a concentration in School Wellness. An educator with this degree can make all the difference in students' lives, as today's K-12 children are spending less time outside and are living increasingly sedentary lifestyles.

All candidates completing this program and student teaching are eligible to receive Pennsylvania certification after achieving a passing or qualifying score on Pennsylvania Department of Education required exam(s). If you are interested in teaching in another state, please contact the Department of Education in that state.

Program Learning Outcomes

- **Excellent Teaching:** Develop teachers who educate and empower individuals to lead active healthy lifestyles.
- **Physical Health and Wellness:** Develop teachers who prepare individuals for an active lifestyle through purposeful movement and healthy nutrition.
- **Social, Emotional and Cognitive Wellness:** Develop teachers who prepare individuals with strategies to improve cognition, manage stress and positively interact with others.
- **School to Community Health and Wellness:** Prepare teachers to coordinate and lead comprehensive wellness programs that promote health literacy and physical activity.
- **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 - School Wellness Education, BSED Program Page (<https://www.sru.edu/academics/majors-and-minors/health-and-physical-teacher-education-school-wellness-education/>)

School Wellness Education Fact Sheet URL (<https://www.sru.edu/documents/programs/factsheets/undergraduate/phe-fs.pdf>)

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

Curriculum Guide

GPA Requirement

GPA must be 3.0 or higher for Teacher Candidacy.

A 3.0 GPA and passing subject area assessment (PECT) or a 2.8 GPA and a qualifying passing subject area assessment (PECT) score (as determined by PDE) is required for certification.

Summary*

Code	Title	Hours
	Rock Studies 2 Requirements	42
	Other Basic Requirements	0-3
	Major/Concentration Requirements	84-87
	Electives	3

* 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 2 Requirements

Code	Title	Hours
The Rock		
SUBJ 139	Foundations of Academic Discovery ¹	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
MATH 117	Quantitative Reasoning	3
Select one of the following:		
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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Humanities Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Social Science Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		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

Additional Rock Studies 2 Requirements (12 credits)

CDEV 248	Human Development and Education	3
STAT 152	Elementary Statistics I	3
SEFE 326	ELL Strategies and Practice	3
SEFE 342	Educational Psychology for Diverse Learners	3

Total Hours 42

¹ Course offered in multiple subjects; cannot take course in first major subject.

² 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	
Total Hours		0-3

DIVERSITY, EQUITY, AND INCLUSION REQUIREMENT

Students must take and pass a course with the Diversity, Equity, and Inclusion (DEI) designation prior to graduation. Students can meet this requirement by taking any DEI - designated course in any program at any time during their undergraduate career.

Major/Concentration Requirements

- 42 major credits must be taken at SRU or PASSHE
- 42 major credits must be taken at the 300 level or above
- Six (6) Credits of Math (113 or higher) Required Prior to Admission to Teacher Candidacy. Math Requirement for BS in Education and Human Development requirements must be taken as part of, or in addition to rock studies 2/thematic thread for degree completion.

- STAT 152
- MATH 113, MATH 115, MATH 117, MATH 118, MATH 122, MATH 123, MATH 125, MATH 131, MATH 210, MATH 225
- CDEV 248

Code	Title	Hours
Pillar #1 – Teaching Excellence		
PE 152	Principles of School Wellness I ^{1,2}	3
PE 253	Principles of School Wellness II ^{1,2}	3
PE 452	Elementary Strategies for School Wellness	6
PE 462	Secondary Strategies in School Wellness ^{1,2}	6
Subtotal		18
Pillar #2 – Physical Health & Wellness		
PE 107	Aquatic Fundamentals ¹	3
PE 310	Elementary School Wellness Skills and Fitness Activities ^{1,2}	3
PE 311	Middle School Wellness Skills and Fitness Activities ^{1,2}	3
PE 312	Secondary School Wellness Skills and Fitness Activities ^{1,2}	3
PE 328	School Nutrition and Wellness ^{1,2}	3
PE 383	Motor Development and Learning ¹	3
Subtotal		18
Pillar #3 – Social & Emotional Health & Wellness		
PE 241	Outdoor Pursuits ¹	3

PE 258	Social & Emotional Wellness ¹	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab ¹	3
SEFE 326	ELL Strategies and Practice ¹	3
SEFE 342	Educational Psychology for Diverse Learners ¹	3
Subtotal		15
Pillar #4 – School to Community Health & Wellness		
PE 191	Foundations of School Wellness ¹	3
PE 227	Introduction to Adapted Physical Activity ¹	3
PE 243	Educational Movement in Health & Wellness ¹	3
PE 268	Contemporary Topics in Health ¹	3
Subtotal		12
Pillar #5 – Professional Advocacy & Leadership in Health & Wellness		
PE 202	Technology for Wellness ¹	3
PE 472	School Wellness Assessment and Promotion ^{1,2}	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity ¹	3
PE 455	Student Teaching - Physical Education ^{1,2}	12
Subtotal		21
First Aid Competency		
Select one of the following:		0-3
CPR and First Aid & Safety Certifications		
SAFE 205	First Aid and Safety	
Total Hours		84-87

¹ Course counts for 50% of Major, but not for Major GPA

² Course must be taken in sequence within block and a 'C' or better is required. Course required for Acceptance into Teacher Candidacy.

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

Recommended Electives

Code	Title	Hours
PE 115	Yoga and Well-Being	3
PE 334	Applied Methodologies in Adventure	3
PE 338	Teaching and Leading Group Exercise	3
PE 378	Teaching and Leading of Strength and Resistance Training	3
PE 446	Water Safety Instruction	3
HLTH 316	Human Sexuality	3

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

Important Information

Prerequisites for Admission to Teacher Candidacy

Code	Title	Hours
Basic Courses		
PE 152	Principles of School Wellness I	3
ENGL 102	Critical Writing	3
Select one of the following:		3
ENGL 104	Critical Reading	
ENGL 220	Introduction to Literary and Cultural Studies	
Math Requirement		
Select six credits from the following:		3
MATH 113	Mathematics as a Liberal Art	
MATH 115	Financial Mathematics	
MATH 117	Quantitative Reasoning	
MATH 122	Finite Mathematics with Matrices	
MATH 123	Introduction to Applied Calculus	
MATH 125	Precalculus	
MATH 131	Discrete Mathematics	
MATH 210	Mathematics for Elementary Teachers I	
MATH 225	Calculus I	
MATH 230	Calculus II	
MATH 235	Foundations of Mathematical Proof	
MATH 310	Mathematics for Elementary Teachers II	
STAT 152	Elementary Statistics I	
STAT 252	Introduction to Statistical Modeling	
Total Hours		12

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

Health & Physical Education (BSED) (1158)
 Concentration in School Wellness Educ. (SWED)
 This program is effective as of Fall 2019
 Revised 07.17.2023
 UCC 03.05.20

Recommended Four-Year Plan

Course	Title	Hours
First Year		
Fall		
PE 107	Aquatic Fundamentals ¹	3
PE 191	Foundations of School Wellness	3
ENGL 102	Critical Writing ¹	3
MATH 117	Quantitative Reasoning	3
SUBJ 139	Foundations of Academic Discovery ²	3
ESAP 101	FYRST Seminar *	1
Hours		16
Spring		
PE 152	Principles of School Wellness I ¹	3
PE 227	Introduction to Adapted Physical Activity	3
ENGL 104	Critical Reading ¹	3
STAT 152	Elementary Statistics I	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	
Hours		15
Second Year		
Fall		
PE 202	Technology for Wellness	3
PE 383	Motor Development and Learning	3
PE 268	Contemporary Topics in Health	3
CDEV 248	Human Development and Education	3
Creative & Aesthetic Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Humanities Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Minor Coursework		0-3
Hours		18-21
Spring		
Apply to Teacher Candidacy (48 credit hours)		
PE 243	Educational Movement in Health & Wellness	3
PE 258	Social & Emotional Wellness	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab	3
SCI 101	Science of Life	3
Social Science Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Minor Coursework		0-3
Hours		15-18
Third Year		
Fall		
Accepted to Teacher Candidacy		
PE 310	Elementary School Wellness Skills and Fitness Activities	3
PE 328	School Nutrition and Wellness	3
PE 253	Principles of School Wellness II	3

PE 241	Outdoor Pursuits	3
SEFE 326	ELL Strategies and Practice	3
SCI 102	Understanding the Physical World	3
Hours		18
Spring		
PE 311	Middle School Wellness Skills and Fitness Activities	3
PE 312	Secondary School Wellness Skills and Fitness Activities	3
PE 452	Elementary Strategies for School Wellness	6
SEFE 342	Educational Psychology for Diverse Learners	3
Minor Coursework		0-3
Hours		15-18
Fourth Year		
Fall		
PE 462	Secondary Strategies in School Wellness	6
PE 472	School Wellness Assessment and Promotion	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3
Minor Coursework		0-3
Hours		12-15
Spring		
PE 455	Student Teaching - Physical Education	12
Hours		12
Total Hours**		121-133

¹ Course requires a grade of C or better

² Course offered in multiple subjects; cannot take course in first major subject

* Students are encouraged to take ESAP 101 as a Free Elective.

! Either through elective courses, or on their own, students are required to obtain CPR/First Aid Instructor Certification prior to graduation.

**** 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.**

Major Code: 1158

Concentration Code: SWED

Revised 09.14.2023