

# HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN PHYSICAL ACTIVITY AND FITNESS MANAGEMENT / PRE-ATHLETIC TRAINING (SRU) (TRADITIONAL)

## PROGRAM 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 / Pre-Athletic Training (SRU) (Traditional) Program Page (<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/undergraduate-programs/>)

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

Major GPA: 2.0 or higher  
Overall GPA: 2.0 or higher

### SUMMARY\*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3

Computer Competency	0-3
Major/Concentration Requirements	60
Electives	16

\* 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
<b>The Rock</b>		
SUBJ 139	Foundations of Academic Discovery <sup>1</sup>	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	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
<b>Integrated Inquiry</b>		
<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>		
BIOL 209	Human Anatomy and Physiology I	4
<i>Physical Sciences Inquiry</i>		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		17
<b>Thematic Thread</b>		
Must choose a Thematic Thread with at least 2 AT Prerequisite classes including PSYC 105		
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
<b>Total Hours</b>		<b>44</b>

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

<sup>2</sup> One course from each category; six credits must be 300-level or above; no more than 4 credits from one subject area; specific courses required in first major, regardless of prefix of course, cannot be used to satisfy thread requirements; any course with same prefix as first major cannot be used to satisfy thread requirements, even if it is not a course in the first major.

## 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>

### 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

- 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>		
BIOL 309	Human Anatomy and Physiology II	4
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
Subtotal		13
<b>Blocks</b>		
Complete the following blocks as a Traditional Pre-AT Student		
<i>Block D: Coaching Education</i> 12		
PE 237	Emergency Medical Response	
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>	
<i>Block E: Fitness</i>		12
PE 238	Applied Principles of Exercise <sup>1</sup>	
PE 364	Biomechanics of Individuals with Disabilities	
PE 378	Teaching and Leading of Strength and Resistance Training	
PE 393	Nutrition for Physical Activity, Exercise, and Health	
Subtotal		24
<b>Total Hours</b>		<b>61</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.

### ADDITIONAL ATHLETIC TRAINING PREREQUISITE COURSES

Code	Title	Hours
Select one of the following: 3		
EXSC 250	Medical Terminology	
HCAM 250	Medical Terminology for Healthcare Administrators	
BIOL 110	The Human Body: Fundamentals of Structure and Physiology	3-4
or BIOL 114	Biology II: Foundations of Molecules, Genes and Cells with Lab	
CHEM 104	Introduction Chemistry I	3
Subtotal		9-10

### Athletic Training Graduate Program (Master of Science in Athletic Training)

#### Prerequisite Admission Requirements

#### For Application Requirements:

Please refer to Slippery Rock University's Athletic Training Graduate Program. (Master of Science in Athletic Training) website for requirements: [www.sru.edu/AT](http://www.sru.edu/AT) (<http://www.sru.edu/AT/>)

Code	Title	Hours
<b>Pre-Requisite Courses - SRU Athletic Training Graduate Program:</b>		
EXSC 201	Exercise Physiology with Lab	3
or PE 238	Applied Principles of Exercise	
EXSC 202	Biomechanics with Lab	3
or PE 364	Biomechanics of Individuals with Disabilities	
EXSC 250	Medical Terminology	3
or HCAM 250	Medical Terminology for Healthcare Administrators	
EXSC 424	Nutrition and Exercise	3
or PE 393	Nutrition for Physical Activity, Exercise, and Health	
BIOL 110	The Human Body: Fundamentals of Structure and Physiology	3

or BIOL 114	Biology II: Foundations of Molecules, Genes and Cells with Lab	
BIOL 209	Human Anatomy and Physiology I	4
BIOL 309	Human Anatomy and Physiology II	4
CHEM 104	Introduction Chemistry I	3
or CHEM 107	General Chemistry I	
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
STAT 152	Elementary Statistics I	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 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 and Physical Education - BSED (1158)  
 Concentration in Physical Activity and Fitness Management (PAFM)  
 Pre-Athletic Training 3+2 (11AT)

This program is effective as of Summer 2022

Revised 02.14.2023

UCC 04.19.2022

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
PE 131	Foundations of Leadership in Physical Activity	3
ESAP 101	FIRST Seminar	1
ENGL 102	Critical Writing	3
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
SUBJ 139	University Seminar	3
<b>Hours</b>		<b>17</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
STAT 152	Elementary Statistics I	3
Select one of the following:		
COMM 200	Civil Discourse: Theory & Practice	3
PHIL 110	Ethics and Civil Discourse	3
POLS 235	Civil Discourse and Democracy	3
<b>Hours</b>		<b>15</b>

<b>Second Year</b>		
<b>Fall</b>		
PE 238	Applied Principles of Exercise	3
PE 268	Contemporary Topics in Health	3
PE 270	Psychological and Sociological Bases of Sport	3
BIOL 209	Human Anatomy and Physiology I	4
Creative & Aesthetic Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>16</b>

<b>Spring</b>		
PE 364	Biomechanics of Individuals with Disabilities	3
PE 369	Philosophy and Psychology of Coaching	3
EXSC 250	Medical Terminology	3
BIOL 309	Human Anatomy and Physiology II	4
Humanities Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>16</b>

<b>Third Year</b>		
<b>Fall</b>		
PE 202	Technology for Wellness	3
PE 331	Evidence-Based Physical Activity	3
PE 378	Teaching and Leading of Strength and Resistance Training	3
CHEM 104	Introduction Chemistry I	3
Social Science Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>18</b>

<b>Spring</b>		
PE 237	Emergency Medical Response	3
PE 306	Conditioning for Athletic Performance	3
PE 335	Science of the Mind-Body Connection	3
PE 393	Nutrition for Physical Activity, Exercise, and Health	3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>15</b>

**Fourth Year**

**Fall**

PE 332	Administration and Management of Physical Activity	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3
BIOL 110	The Human Body: Fundamentals of Structure and Physiology	3
Thematic Thread Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Elective <sup>1</sup>		5
<b>Hours</b>		<b>17</b>

**Spring**

PE 450	Internship <sup>1</sup>	6-12
<b>Hours</b>		<b>6-12</b>
<b>Total Hours**</b>		<b>120-126</b>

<sup>1</sup> Students can take additional credits in PE 450 or elective coursework to meet the 120 credit hour minimum.