

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

Course	Title	Hours
First Year		
Fall		
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
Hours		17
Spring		
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:		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 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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		16
Spring		
RCTH 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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		16
Third Year		
Fall		
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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		18
Spring		
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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		15
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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Elective ¹		5
Hours		17
Spring		
PE 450	Internship ¹	6-12
Hours		6-12
Total Hours**		120-126

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

Revised 10.05.2023