

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/>)