

HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN PHYSICAL ACTIVITY AND FITNESS MANAGEMENT / PRE-ATHLETIC TRAINING (SRU) (3+2)

The Physical Education - Physical Activity and Fitness Management concentration will prepare professionals to plan, implement, and evaluate physical activity programs in corporate, community, and non-profit settings. The physical activity and fitness management concentration has intellectual value in academia while addressing emerging regional and national employment trends, student interests and preferences, and community need. The uniqueness of this concentration centers around a personal preparation core combined with students preferred choice of two of five well-established and emerging specialty areas.

The proposed Health & Physical Education/Physical Activity & Fitness Management Pre-Athletic Training 3+2 (PAFM Pre-AT 3+2) program is designed to give students an opportunity to enrich their undergraduate education with an intensive program in PAFM and facilitate their entry into the Master of Science in Athletic Training at SRU. The course work is tailored to meet the needs of the student both as an HPE/PAFM major and to prepare them for a Masters of Athletic Trainer program.

Program learning Outcomes

- **Instructional Excellence:** Develop Physical Activity and Fitness Managers who educate and empower individuals to lead active healthy lifestyles. (SRU 1, 2, 3)
- **Physical Health and Wellness Competency:** Develop Physical Activity and Fitness Managers who prepare individuals for an active lifestyle through purposeful movement and healthy nutrition. (SRU 1, 2, 3)
- **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. (SRU 5, 8)
- **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. (SRU 7,9)
- **Professional Advocate and Leader:** Develop professionals who model and value health and advocate for quality health and wellness in schools and communities. (SRU 7, 9,)

Related Links

Health and Physical Education - Physical Activity and Fitness Management, BSED / Pre-Athletic Training (SRU) (3+2) Program Page

(<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/undergraduate-programs/>)

Physical Activity and Fitness Management Fact Sheet URL (<https://www.sru.edu/documents/programs/factsheets/undergraduate/PAFM-FS.pdf>)

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

CURRICULUM GUIDE

GPA REQUIREMENT – HEALTH & PHYSICAL EDUCATION

1st Major: Health & Physical Education, Physical Activity & Fitness Management

- Overall GPA: 2.00 or higher

2nd Major: Pre-AT SRU 3+2 Health & Physical Education, Physical Activity & Fitness Management

- Overall GPA: 3.00 or higher

SUMMARY*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3
	Major Requirements	55
	Electives	21

* 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. However, because this is a pre-professional program, credits taken during the 1st year of the graduate program are applied toward the undergraduate credit hours to meet the 120 credits required for your undergraduate degree.

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
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	
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>		
BIOL 209	Human Anatomy and Physiology I	4
<i>Physical Science Inquiry</i>		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		17
Thematic Thread		
Must choose a Thematic Thread with at least 2 AT Prerequisite classes including PSYC 105		
Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/) ^{2,3}		12
Total Hours		44

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

² 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.

³ Additional Athletic Training prerequisite courses may be fulfilled in a Thematic Thread.

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 REQUIREMENTS

- If you choose to pursue Pre-Athletic Training SRU 3+2 Health and Physical Education - Physical Activity & Fitness Management and are not accepted into the AT program, then additional coursework is required to complete a first major of Health and Physical Education - Physical Activity & Fitness Management. Please refer to the Curriculum Guide.

Code	Title	Hours
PAFM Required Core Courses		
Must earn a "C" or better in the following courses		
PE 131	Foundations of Leadership in Physical Activity ¹	3
PE 202	Technology for Wellness ¹	3
PE 231	Strategies for Teaching Physical Activity ¹	3
PE 331	Evidence-Based Physical Activity ¹	3

PE 332	Administration and Management of Physical Activity ¹	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity ¹	3
Subtotal		18

Required Fitness/Health Courses

Must earn a "C" or better in the following courses

PE 242	Physical Health and Fitness Education ¹	3
PE 268	Contemporary Topics in Health ¹	3
PE 335	Science of the Mind-Body Connection ¹	3
BIOL 309	Human Anatomy and Physiology II	4
Subtotal		13

Required Coursework for PAFM Pre-Athletic Training 3+2 majors

Coaching Education:

Must earn a "C" or better in the following courses

PE 237	Emergency Medical Response ¹	3
PE 270	Psychological and Sociological Bases of Sport ¹	3
PE 306	Conditioning for Athletic Performance ¹	3
PE 369	Philosophy and Psychology of Coaching ¹	3
Subtotal		12

Fitness

Must earn a "C" or better in the following courses:

PE 238	Applied Principles of Exercise ¹	3
PE 378	Teaching and Leading of Strength and Resistance Training	3
PE 393	Nutrition for Physical Activity, Exercise, and Health	3
RCTH 364	Biomechanics of Individuals with Disabilities	3
Subtotal		12

Total Hours

55

¹ Course counts for 50% of Major requirements and Major GPA

² Course counts for 50% of Major requirements

* 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
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
or CHEM 107	General Chemistry I	
EXSC 250	Medical Terminology	3
or HCAM 250	Medical Terminology for Healthcare Administrators	
PSYC 105	Introduction to Psychology	3

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

Prerequisite Admission Requirements – Pre-Athletic Training SRU 3+2

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/>)

Code	Title	Hours
Prerequisite Courses - SRU Athletic Training Graduate Program:		
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	
EXSC 201	Exercise Physiology with Lab	3
or PE 238	Applied Principles of Exercise	
EXSC 202	Biomechanics with Lab	3
or RCTH 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	
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
STAT 152	Elementary Statistics I	3
Total Hours		36

Requirements for Pre-Athletic Training SRU 3+2:

If any of these requirements are not met, the 3+2 designation will be removed from the student's record:

1. A 3.0 or higher overall GPA must be maintained by the student.
2. The student can only be enrolled in the Pre-Athletic Training SRU 3+2 program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

Provision:

Should a Pre-Athletic Training SRU 3+2 student be unsuccessful in completing the 1st three semesters (summer or fall or spring terms) of the Athletic Training Graduate Program and want to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, graduate level AT courses will count toward the completion of his/her undergraduate degree. In addition, students must complete any unfulfilled requirements of their undergraduate major. Students may still apply to the AT program with an earned Bachelor's degree.

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 - PAFM BS (6149/PAFM)

PRE-AT SRU 3+2 (11AT)

This program is effective as of Summer 2022

Revised 10.05.2023

UCC 02.28.2023

RECOMMENDED FOUR-YEAR PLAN

Course	Title	Hours
First Year		
Fall		
PE 131	Foundations of Leadership in Physical Activity	3
ENGL 102	Critical Writing	3
ESAP 101	FYRST Seminar *	1
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
SUBJ 139	Foundations of Academic Discovery	3
Hours		17
Spring		
PE 231	Strategies for Teaching Physical Activity	3
PE 242	Physical Health and Fitness Education	3
BIOL 110	The Human Body: Fundamentals of Structure and Physiology (Thematic Thread Option)	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	3
COMM 200	Civil Discourse: Theory & Practice	3
or PHIL 110	or Ethics and Civil Discourse	
or POLS 235	or Civil Discourse and Democracy	
Hours		18
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
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		19
Spring		
PE 369	Philosophy and Psychology of Coaching	3
BIOL 309	Human Anatomy and Physiology II	4
EXSC 250	Medical Terminology (Thematic Thread Option)	3

4 Health and Physical Education, Bachelor of Science in Education (BSED) - Concentration in Physical Activity and Fitness Management / Pre-Athletic Training (SRU) (3+2)

RCTH 364	Biomechanics of Individuals with Disabilities	3
Humanities 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		19
Third Year		
Fall		
PE 202	Technology for Wellness	3
PE 331	Evidence-Based Physical Activity	3
PE 332	Administration and Management of 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
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 473	Professionalism, Advocacy and Leadership in Physical Activity	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		18
Total Hours**		109

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

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