

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

## RECOMMENDED FOUR-YEAR PLAN

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
PE 131	Foundations of Leadership in Physical Activity	3
ENGL 102	Critical Writing	3
ESAP 101	FIRST Seminar *	1
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
SUBJ 139	Foundations of Academic Discovery	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
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 or PHIL 110 or POLS 235	Civil Discourse: Theory & Practice or Ethics and Civil Discourse or Civil Discourse and Democracy	3
<b>Hours</b>		<b>18</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
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>19</b>
<b>Spring</b>		
PE 369	Philosophy and Psychology of Coaching	3

BIOL 309	Human Anatomy and Physiology II	4
EXSC 250	Medical Terminology (Thematic Thread Option)	3
RCTH 364	Biomechanics of Individuals with Disabilities	3
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
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>19</b>
<b>Third Year</b>		
<b>Fall</b>		
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 ( <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 473	Professionalism, Advocacy and Leadership in Physical Activity	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>18</b>
<b>Total Hours**</b>		<b>109</b>

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

Revised 10.05.2023