

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
First Year		
Fall		
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
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 or PHIL 110 or POLS 235	Civil Discourse: Theory & Practice or Ethics and Civil Discourse or Civil Discourse and Democracy	3
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		4
Creative & Aesthetic Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Hours		19

Spring		
PE 364	Biomechanics of Individuals with Disabilities	3
PE 369	Philosophy and Psychology of Coaching	3
EXSC 250	Medical Terminology (Thematic Thread Option)	3
BIOL 309		4
Humanities Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		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-quick-guide/)		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-quick-guide/)		3
Hours		18
Total Hours**		109

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

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