

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

## PROGRAM learning 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-Occupational Therapy (SRU) (Traditional) Program Pag (<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/undergraduate-programs/e>)
- 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-licensure/>)

## CURRICULUM GUIDE

### GPA REQUIREMENT

Major GPA: 2.0 or higher

Overall GPA: 2.0 or higher

## SUMMARY\*

Code	Title	Hours
	Rock Studies 2 Requirements	43
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	61
	Electives	16

\* 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 1<sup>st</sup> 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
<b>The Rock</b>		
SUBJ 139	Foundations of Academic Discovery <sup>1</sup>	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
<b>Integrated Inquiry</b>		
<i>Creative and Aesthetic Inquiry</i>		
Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<i>Humanities Inquiry</i>		
Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<i>Social Science Inquiry</i>		
Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<i>Natural Sciences Inquiry</i>		
BIOL 209	Human Anatomy and Physiology I	4
<i>Physical Science Inquiry</i>		
SCI 102	Understanding the Physical World	3
Subtotal		16
<b>Thematic Thread</b>		
Must choose a Thematic Thread with at least 2 OT Prerequisite classes including PSYC 105		
Select 12 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> ) <sup>2,3</sup>		12
<b>Total Hours</b>		<b>43</b>

<sup>1</sup> Course offered in multiple subjects; cannot take course in first major subject

<sup>2</sup> 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.

<sup>3</sup> Additional Occupational Therapy 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

Computer Competency

Code	Title	Hours
Demonstrate "computer competency" by one of the following:		0-3
Pass Computer Competency Exam OR		
Select one of the following at SRU or another post-secondary institution:		
CPSC 100	Introduction to Computing for Liberal Arts	
CPSC 110	Computer Concepts	
CPSC 130	Introduction to Computing and Programming	
PE 202	Technology for Wellness	
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

- 30 major credits must be taken at SRU or PASSHE
- 30 major credits must be taken at the 300 level or above

Code	Title	Hours
Required Basic Courses		
Must earn a "C" or better in the following courses		
PE 131	Foundations of Leadership in Physical Activity <sup>1</sup>	3
PE 202	Technology for Wellness <sup>1</sup>	3
PE 231	Strategies for Teaching Physical Activity <sup>1</sup>	3
PE 331	Evidence-Based Physical Activity <sup>1</sup>	3
PE 332	Administration and Management of Physical Activity <sup>1</sup>	3
PE 450	Internship	6
PE 473	Professionalism, Advocacy and Leadership in Physical Activity <sup>1</sup>	3
Subtotal		24
Required Fitness/Health Coursework		
Must earn a "C" or better in the following courses		
BIOL 309	Human Anatomy and Physiology II	4

PE 242	Physical Health and Fitness Education <sup>1</sup>	3
PE 268	Contemporary Topics in Health <sup>1</sup>	3
PE 335	Science of the Mind-Body Connection <sup>1</sup>	3
Subtotal		13
Blocks		
Select two of the following blocks:		
Block A: Adapted Physical Activity		
PE 227	Introduction to Adapted Physical Activity	
PE 353	Adapted Physical Activity and Health Through the Lifespan	
PE 460	Program Design in Adapted Physical Activity	
Select 3 credits from the following:		
PE 262	Adapted Aquatics	
PE 266	Disability Sport in the 21st Century: A Global Perspective	
Block B: Aquatics		
PE 107	Aquatic Fundamentals	
PE 348	Aquatic Leadership	
PE 446	Water Safety Instruction	
Select 4 credits from the following:		
PE 123	Stand-Up Paddle Boarding	
PE 189	Basic Canoeing	
PE 236	Introduction to Kayaking	
PE 237	Emergency Medical Response	
PE 262	Adapted Aquatics	
PE 363	Lifeguarding Instructor	
PE 345	Teaching and Coaching of Water Polo	
PE 349	Skin and Scuba Diving	
PE 363	Lifeguarding Instructor	
Block C: Outdoor Adventure Fitness		
PE 241	Outdoor Pursuits	
PE 334	Applied Methodologies in Adventure	
Select 6 credits from the following:		
PE 123	Stand-Up Paddle Boarding	
PE 125	Bicycling	
PE 182	Introduction to Rock Climbing	
PE 186	Cross Country Skiing and Snowshoeing	
PE 236	Introduction to Kayaking	
PE 272	Enhancing Fitness through Running and Walking	
PE 276	Skate-Based Action Sports	
PE 349	Skin and Scuba Diving	
Block D: Coaching Education		12
PE 237	Emergency Medical Response	
PE 270	Psychological and Sociological Bases of Sport	
PE 306	Conditioning for Athletic Performance	
PE 369	Philosophy and Psychology of Coaching	
Block E: Fitness		12
PE 238	Applied Principles of Exercise	
PE 378	Teaching and Leading of Strength and Resistance Training	

PE 393	Nutrition for Physical Activity, Exercise, and Health
RCTH 364	Biomechanics of Individuals with Disabilities
<b>Total Hours</b>	<b>61</b>

<sup>1</sup> Course counts for 50% of Major requirements and Major GPA

<sup>2</sup> 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 OCCUPATIONAL THERAPY PREREQUISITE COURSES

### Doctor of Occupational Therapy (OTD) Prerequisite Admission Requirements

#### For Application Requirements

Please refer to Slippery Rock University's Occupational Therapy Studies (Master of Science in Occupational Therapy Studies) website for requirements: <http://www.sru.edu/OT> (<http://www.sru.edu/OT/>)

#### Rock Studies 2

Code	Title	Hours
<b>Prerequisite Courses - SRU Occupational Therapy</b>		
BIOL 209	Human Anatomy and Physiology I	4
BIOL 309	Human Anatomy and Physiology II	4
EXSC 250 or HCAM 250	Medical Terminology Medical Terminology for Healthcare Administrators	3
PHYS 201 or RCTH 364	Elements of Physics I with Lab Biomechanics of Individuals with Disabilities	4
STAT 152	Elementary Statistics I	3
PSYC 105	Introduction to Psychology	3
PSYC 244	Developmental Psychology	3
PSYC 276	Introduction to Abnormal Psychology	3
Research Methods - Select One: <sup>1</sup>		3
EXSC 300	Research Methods in Exercise Science	
HCAM 499	Health Care Theory and Research Capstone Seminar	
INDP 318	Research Methods in Interdisciplinary Studies	
PSYC 231	Psychological Science I: Research Methods	
SOWK 318	Research Methods	
Anthropology or Sociology - Select One: <sup>1</sup>		3
INDP 106	Race and Ethnic Diversity in the USA	
INDP 202	Introduction to Anthropology	
INDP 211	Biological Anthropology	
INDP 309	Health and Society	
INDP 310	Cultural Area Studies	
INDP 321	Minority Groups	
INDP 324	The Family	
INDP 326	Society, Culture and Self	
INDP 339	Gender Roles and Society	
INDP 342	Sociology of Aging	

RCTH 120	Disability, Community Inclusion, and Diversity
SOWK 105	Human Diversity
<b>Total Hours</b>	<b>33</b>

<sup>1</sup> Select one course. See *My Rock Audit* for specific courses.

## 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 - Physical Activity & Fitness Management BS (1158/PAFM)

Pre-OT SRU Traditional

This program is effective as of Summer 2022

Revised 10.05.2023

UCC 04.19.2022

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
PE 131	Foundations of Leadership in Physical Activity	3
PE 268	Contemporary Topics in Health	3
ESAP 101	FIRST Seminar	1
SUBJ 139	University Seminar	3
ENGL 102	Critical Writing	3
PSYC 105	Introduction to Psychology	3
<b>Hours</b>		<b>16</b>

#### Spring

PE 231	Strategies for Teaching Physical Activity	3
PE 242	Physical Health and Fitness Education	3
ENGL 102	Critical Writing	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	
<b>Hours</b>		<b>15</b>

#### Second Year

##### Fall

SCI 102	Understanding the Physical World	3
Specialty Area 1-1		3
PSYC 244	Developmental Psychology	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	Health & Physical Education - Physical Activity & Fitness Management BS (1158/PAFM) Pre-OT SRU Traditional Revised 10.05.2023
Hours		16	
Spring			
RCTH 364	Biomechanics of Individuals with Disabilities (Specialty Area 2-1)	3	
Specialty Area 1-2		3	
EXSC 250	Medical Terminology	3	
BIOL 309	Human Anatomy and Physiology II	4	
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	
Hours		16	
Third Year			
Fall			
PE 202	Technology for Wellness	3	
PE 331	Evidence-Based Physical Activity	3	
Specialty Area 1-3		3	
INDP 318	Research Methods in Interdisciplinary Studies	3	
INDP 201 or INDP 202	Principles of Sociology or Introduction to Anthropology	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	
Hours		18	
Spring			
PE 335	Science of the Mind-Body Connection	3	
Specialty Area 1-4		3	
Specialty Area 2-2		3	
PSYC 276	Introduction to Abnormal Psychology	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	
Hours		15	
Fourth Year			
Fall			
PE 332	Administration and Management of Physical Activity	3	
PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3	
Specialty Area 2-3		3	
Specialty Area 2-4		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	
Electives <sup>1</sup>		3	
Hours		18	
Spring			
PE 450	Internship <sup>1</sup>	6-12	
Hours		6-12	
Total Hours**		120-126	

<sup>1</sup> Students can take additional credits in PE 450 (<https://catalog.sru.edu/search/?P=PE%20450>) or elective coursework to meet the 120 credit hour minimum.