

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

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>
<b>Spring</b>		
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>
<b>Second Year</b>		
<b>Fall</b>		
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
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
PE 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
<b>Hours</b>		<b>16</b>
<b>Third Year</b>		
<b>Fall</b>		
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
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
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
<b>Hours</b>		<b>15</b>
<b>Fourth Year</b>		
<b>Fall</b>		
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
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
PE 450	Internship <sup>1</sup>	6-12
<b>Hours</b>		<b>6-12</b>
<b>Total Hours**</b>		<b>120-126</b>

<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.