

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

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 (HPE)/Physical Activity & Fitness Management Pre-Occupational Therapy 3+3 (PAFM Pre- OT 3+3) 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 Doctor of Occupational Therapy (OT) 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 Doctor of Occupational Therapy 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-Occupational Therapy (SRU) (3+3) Program Pag (<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/undergraduate-programs/>)

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 – HEALTH & PHYSICAL EDUCATION

#### 1<sup>st</sup> Major: Health & Physical Education

- Overall GPA: 2.00 or higher

#### 2<sup>nd</sup> Major: Pre-OT SRU 3+3 Health & Physical Education

- Overall GPA: 3.00 or higher

## SUMMARY\*

Code	Title	Hours
	Rock Studies 2 Requirements	43
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	55
	Electives	22

\* 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:		
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		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	
<b>Total Hours</b>		<b>0-3</b>

## 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	
<b>Total Hours</b>		<b>0-3</b>

## 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-Occupational Therapy SRU 3+3 Health & Physical Education - Physical Activity & Fitness Management (HPE-PAFM) and are not accepted into the OTD program, then additional coursework is required to complete a first major in Health & Physical Education - Physical Activity in Fitness Management. Please refer to the curriculum guide.

Code	Title	Hours
<b>Required Basic Courses</b>		
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 473	Professionalism, Advocacy and Leadership in Physical Activity <sup>1</sup>	3
Subtotal		18
<b>Required Fitness/Health Coursework</b>		
Must earn a "C" or better in the following courses		
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
BIOL 309		4
Subtotal		13
<b>Blocks</b>		
Select two of the following blocks		24
<i>Block A: Adapted Physical Activity</i>		
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 <sup>1</sup>	
PE 266	Disability Sport in the 21st Century: A Global Perspective <sup>1</sup>	
<i>Block B: Aquatics</i>		
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**

PE 270	Psychological and Sociological Bases of Sport
PE 306	Conditioning for Athletic Performance
PE 369	Philosophy and Psychology of Coaching
Select 3 credits from the following:	
PE 230	Teaching and Coaching of Track & Field
PE 237	Emergency Medical Response
PE 238	Applied Principles of Exercise
PE 266	Disability Sport in the 21st Century: A Global Perspective
PE 301	Sports Officiating
PE 338	Teaching and Leading Group Exercise
PE 356	Net/Wall Activities and Games
PE 358	Lifetime/Leisure Activities and Games
PE 378	Teaching and Leading of Strength and Resistance Training
PE 393	Nutrition for Physical Activity, Exercise, and Health

**Block E: Fitness**

PE 238	Applied Principles of Exercise
PE 393	Nutrition for Physical Activity, Exercise, and Health
PE 364	Biomechanics of Individuals with Disabilities
Select 6 credits from the following:	
PE 338	Teaching and Leading Group Exercise
PE 378	Teaching and Leading of Strength and Resistance Training
PE 379	Fitness Management

**Total Hours** 55

<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**

Code	Title	Hours
EXSC 250 or HCAM 250	Medical Terminology Medical Terminology for Healthcare Administrators	3
INDP 106 or INDP 202 or INDP 310 or INDP 321 or SOWK 105	Race and Ethnic Diversity in the USA Introduction to Anthropology Cultural Area Studies Minority Groups Human Diversity	3
INDP 318	Research Methods in Interdisciplinary Studies	3
PSYC 105	Introduction to Psychology	3
PSYC 244	Developmental Psychology	3
PSYC 276	Introduction to Abnormal Psychology	3
<b>Total Hours</b>		<b>18</b>

**Doctor of Occupational Therapy (OTD) Prerequisite Admission Requirements – Pre-Occupational Therapy SRU 3+3**

**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		4
BIOL 309		4
EXSC 250 or HCAM 250	Medical Terminology Medical Terminology for Healthcare Administrators	3
PHYS 201 or PE 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
Anthropology or Sociology <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	

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 231/232	Psychological Science I: Research Methods	
SOWK 318	Research Methods	
<b>Total Hours</b>		<b>33</b>

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

### Pre-Occupational Therapy SRU 3+3

If any of these requirements are not met, the 3+3 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-Occupational Therapy SRU 3+3 program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

### Provision

Should a Pre-Occupational Therapy SRU 3+3 student be unsuccessful in completing the 1<sup>st</sup> two semesters (summer or fall) of the Occupational Therapy Program and wants to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, Occupational Therapy 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 Doctor of Occupational Therapy 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 - PHYSICAL ACTIVITY & FITNESS MANAGEMENT BS (1158/PAFM)

PRE-OT SRU 3+3 (110T)

This program is effective as of Summer 2022

Revised 03.03.2023

UCC 02.28.2023

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	Foundations of Academic Discovery	3

ENGL 102	Critical Writing	3
PSYC 105	Introduction to Psychology (Thematic Thread Requirement)	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 104	Critical Reading	3
STAT 152	Elementary Statistics I	3

Select one of the following:

COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Speciality Area 1-1		3
<b>Hours</b>		<b>18</b>

### Second Year

#### Fall

PE 202	Technology for Wellness	3
Specialty Area 1-2		3
PSYC 244	Developmental Psychology (Thematic Thread Option)	3
BIOL 209		4
SCI 102	Understanding the Physical World	3
Creative & Aesthetic Inquiry ( <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

**Hours** **19**

#### Spring

PE 364	Biomechanics of Individuals with Disabilities (Specialty Area 1-3)	3
Specialty Area 2-1		3
EXSC 250	Medical Terminology (Thematic Thread Option)	3
BIOL 309		4
Humanities Inquiry ( <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
Thematic Thread Requirement ( <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

**Hours** **19**

### Third Year

#### Fall

PE 331	Evidence-Based Physical Activity	3
PE 332	Administration and Management of Physical Activity	3
Specialty Area 1-4		3
Specialty Area 2-2		3
Specialty Area 2-3		3

INDP 201 or INDP 202	Principles of Sociology (Thematic Thread Option) or Introduction to Anthropology	3
<b>Hours</b>		<b>18</b>

#### Spring

PE 335	Science of the Mind-Body Connection	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3

Specialty Area 2-4		3
INDP 318	Research Methods in Interdisciplinary Studies	3
PSYC 276	Introduction to Abnormal Psychology	3
Social Science Inquiry ( <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
<b>Hours</b>		<b>18</b>
<b>Total Hours**</b>		<b>108</b>

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

Revised 2.23.2023