

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

Course	Title	Hours
First Year		
Fall		
PE 131	Foundations of Leadership in Physical Activity	3
PE 268	Contemporary Topics in Health	3
ESAP 101	FYRST Seminar *	1
SUBJ 139	Foundations of Academic Discovery	3
ENGL 102	Critical Writing	3
PSYC 105	Introduction to Psychology (Thematic Thread Requirement)	3
Hours		16
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:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Specialty Area 1-1		3
Hours		18
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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		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 (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 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
Hours		18
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 (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Hours		18
Total Hours**		108

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

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