



# I am The **ROCK**

## **Pamela Arnhold**

**Position:** Assistant professor of physical education.

**Joined SRU:** 1989.

**Background:** I grew up in Milwaukee, the oldest of five children. My youngest sister was born with cerebral palsy and thus began my interest in working with people with disabilities. I attended the University of Wisconsin/LaCrosse for my undergraduate degree in physical education with a concentration in adapted physical education. I was able to obtain course work in adapted physical activity at Texas Woman's University and the University of Illinois/Chicago prior to completing my master's degree in exercise physiology here at SRU. I currently teach "Adapted Aquatics," "Adapted and Therapeutic Exercise" and "Assessment Techniques."

**Interests:** I enjoy refinishing furniture, kayaking, canoeing, tandem bicycling, camping and hiking. I love to travel and have taken students to conferences in Pennsylvania, throughout the United States, Italy, Brazil and Ireland. I enjoy reading .

**Person I would most like to have Dinner with:** The top two would be Benjamin Franklin and Eleanor Roosevelt.

**Why I work at the Rock:** I have taught at Slippery Rock University for 21 years, and I can honestly say I work here for the students. It has been my honor and privilege to work with students in their selected fields of study to assist them in understanding the greater need that people with different abilities should be physically active right alongside their peers. I have also been blessed to work with some amazing people who share the same passion, interests and who are truly caring individuals.

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