

I am The ROCK

Randy Nichols

Job: Associate professor of physical education and department chair.

Joined SRU: 1996.

Background: I was born in Titusville and graduated from Titusville High School. I received my bachelor's and master's degrees from Slippery Rock University and my doctorate from West Virginia University

Interests: My interests center around being physically active outdoors and being with my family. My father is a forester so I grew up in the woods and still enjoy them. I enjoy running, cycling and have begun to swim, but my favorite thing is hiking with my two daughters, my wife and golden retriever Cali.

Person(s) I would most like to have dinner with: My grandfather who is a World War II veteran and grandmother. She was a teacher and started her career in a one-room schoolhouse.

Why I work at The Rock: Slippery Rock University has a long history of being a leader in health and physical education, and I am proud to be a part of that. We try to lead by example and emphasize that health and wellness should be constants in peoples' lives.

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