This Curriculum Guide is provided to help SRU students and prospective students ensure accurate progress towards degree completion. The information on this guide is meant as a guide. Students are responsible for curriculum requirements at the time of enrollment at the University.

**IMPORTANT CURRICULUM GUIDE NOTES**

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**GPA REQUIREMENT**

2.8 or higher Major GPA
2.5 or higher Overall GPA

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**LIBERAL STUDIES REQUIREMENTS** (45-46 credits)

See Liberal Studies Guide for Goal and Enrichment choices

**GOAL COURSE REQUIREMENTS**

Complete Goal requirements as indicated below (36 - 37 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 102</td>
<td>Critical Writing</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ENGL 104 or ENGL 220</td>
<td>Critical Reading or Intro to Literary and Cultural Studies</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>COMM 200</td>
<td>Civil Discourse</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**The Arts (3 credits)**

- Goal (3 credits)
- Global Community (9 credits)
  - Goal – Non-US (3)
  - Goal - Non-US (3)
  - Goal - US (3)

**Human Institutions/Interpersonal Relationships (3 credits)**

- Goal (3)
- Global Community (9 credits)
  - Goal – Sci (3)
  - Lab – Sci (1)
  - Goal – Math (3)

**Challenges of the Modern Age (3 credits)**

- Goal (3)

**ENRICHMENT COURSE REQUIREMENTS** (9 credits)

Choose one course from three of the following enrichment areas.

**The Arts**

**Global Community**

**Human Institutions/Interpersonal Relationships**

**Science, Technology & Math**

**OTHER BASIC REQUIREMENTS**

Check with your advisor 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.

- ACSD 110 | Beginning Algebra | 3 |

**COMPUTER COMPETENCY** (for students entering Fall 2008 and after)

Students must demonstrate “computer competency” by:

- Passed Exam
- Pass Computer Competency Exam

OR

**CPSC** | Complete one of the following courses: CPSC 100, 110, 130, or PE 202 at SRU or another post-secondary institution | 1 - 3 |

**ELECTIVES**


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**MAJOR/CONCENTRATION REQUIREMENTS** (60 credits)

- 30 major credits must be taken at SRU or PASSHE
- 30 major credits must be taken at the 300 level or above

**Required Core Courses** (24 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 131</td>
<td>Foundations of Leadership in Physical Activity</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PE 231</td>
<td>Strategies for Teaching Physical Activity</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PE 202</td>
<td>Technology for Wellness</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PE 331</td>
<td>Evidence-Based Physical Activity Practices</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PE 332</td>
<td>Admin. &amp; Mgmt. of Physical Activity Programs</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PE 437</td>
<td>Professional Adv. &amp; Leadership in Physical Activity</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PE 450</td>
<td>Internship in Physical Activity</td>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>

**Fitness/Health Courses** (12 credits)

- PE 242 | Physical Health and Fitness Education | 3 |
- PE 268 | Contemporary Topics in Health | 3 |
- PE 335 | Science of the Mind-Body Connection | 3 |
- PE 360 | Anatomical and Physiological Bases of Physical Activity | 3 |

**You must choose two of the following blocks A, B, C, D, or E**

**BLOCK A: Adapted Physical Activity (12 credits)**

- PE 227 | Intro to Adapted Physical Activity | 3 |
- PE 353 | Adapted Physical Activity and Health Through the Lifespan | 3 |
- PE 460 | Program Design in Adapted Physical Activity | 3 |

**Select 3 credits from the following:**

- PE 262 | Adapted Aquatics | 3 |
- PE 266 | Disability Sport | 3 |

**BLOCK B: Aquatics (12 credits)**

- PE 107 | Aquatic Fundamentals | 3 |
- PE 348 | Aquatic Leadership | 3 |
- PE 446 | Water Safety Instruction | 3 |

**Select 4 credits from the following:**

- PE 123 | Stand-Up Paddleboarding | 2 |
- PE 199 | Basic Canoeing | 2 |
- PE 236 | Intro to Kayaking | 2 |
- PE 237 | Emergency Medical Response | 3 |
- PE 262 | Adapted Aquatics | 3 |
- PE 263 | Lifeguarding | 3 |
- PE 345 | Teaching and Coaching of Water Polo | 3 |
- PE 349 | Skin & SCUBA Diving | 3 |
- PE 363 | Lifeguard Instructor | 3 |

**BLOCK C: Outdoor Adventure Fitness (12 credits)**

- PE 241 | Outdoor Pursuits | 3 |
- PE 334 | Applied Methodologies in Adventure Activities | 3 |

**Select 6 credits from the following:**

- PE 123 | Stand-up Paddleboarding | 2 |
- PE 125 | Bicycling | 2 |
- PE 182 | Intro to Rock Climbing | 2 |
- PE 186 | Cross Country Skiing | 2 |
- PE 236 | Intro to Kayaking | 2 |
- PE 272 | Enhancing Fitness through Running and Walking | 2 |
- PE 276 | Skate-based Action Sports | 2 |
- PE 349 | Skin & SCUBA Diving | 3 |

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Health and Physical Education BSED (1158)
Concentration in Physical Activity & Fitness Management (PAM)
Effective Fall 2018
Revised 10-2018
CONTINUED ON PAGE 2
**BLOCK D: Coaching Education (12 credits)**

Students must take PE 270, 306 & 369 plus you must select a minimum of six (6) credits from the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 270^</td>
<td>Psych-Soc Bases of Sport</td>
<td>Required 3</td>
</tr>
<tr>
<td>PE 306^</td>
<td>Cond for Athletic Performance</td>
<td>Required 3</td>
</tr>
<tr>
<td>PE 369^</td>
<td>Philos &amp; Psych of Coaching</td>
<td>Required 3</td>
</tr>
</tbody>
</table>

Select 3 credits from the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 230^</td>
<td>Teaching and Coaching of Track &amp; Field</td>
<td>3</td>
</tr>
<tr>
<td>PE 237^</td>
<td>Emergency Medical Response</td>
<td>3</td>
</tr>
<tr>
<td>PE 238^</td>
<td>Applied Principle of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>PE 266^</td>
<td>Disab Sport in 21st Century: A Global Perspective</td>
<td>3</td>
</tr>
<tr>
<td>PE 301^</td>
<td>Sports Officiating</td>
<td>3</td>
</tr>
<tr>
<td>PE 338^</td>
<td>Teaching and Leading Group Exercise★</td>
<td>3</td>
</tr>
<tr>
<td>PE 356^</td>
<td>Net/Wall Activities and Games</td>
<td>3</td>
</tr>
<tr>
<td>PE 358^</td>
<td>Lifetime/Leisure Activities and Games</td>
<td>3</td>
</tr>
<tr>
<td>PE 378</td>
<td>Teaching and Leading of Strength/Resistance Training★</td>
<td>3</td>
</tr>
</tbody>
</table>

**BLOCK E: Fitness (12 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 238^</td>
<td>Applied Principles of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>PE 338^</td>
<td>Teaching and Leading Group Exercise★</td>
<td>3</td>
</tr>
<tr>
<td>PE 378</td>
<td>Teaching and Leading of Strength/Resistance Training★</td>
<td>3</td>
</tr>
<tr>
<td>PE 379^</td>
<td>Fitness Management★</td>
<td>3</td>
</tr>
</tbody>
</table>