About the Program
The physical and health education department at Slippery Rock University continues to be a well-respected leader in developing future professionals in the fields of health, physical activity, and physical education. The physical and health education department offers two undergraduate programs, one graduate degree, one Letter of Completion and four minors.

**Undergraduate degree options:**
- School Wellness Education
- Physical Activity and Fitness Management

**Graduate degree options:**
- Adapted Physical Activity

**Certificate:**
- Teaching Health and Physical Education On-Line

Teacher Certificate Program: School Wellness Education
The requirements leading to teacher certification in K-12 health and physical education parallel the accreditation standards and guidelines of the SRU education department and the Pennsylvania Department of Education. Graduates will be certified to teach K-12 health and physical education with a health wellness focus. Graduates will advocate the benefits of healthy living and be qualified to coordinate school-wide wellness initiatives.

The School Wellness Education program will base its curriculum on seven components of living well, including:

- Physical (activity and movement)
- Fueling your body (nutrition)
- Social and Emotional Wellness (strategies for managing stress, anxiety and depression)
- The human body (muscles, bones, etc.)
- Human body response (benefits)
- Health-related fitness (training principles)
- Injury prevention and wellness (self, others and environment)

The specific course of study and the requirements leading to teacher certification administered by the department of physical and health education are available in the department office located at 109 Morrow Field House.

Scholarships
Scholarships are available to qualifying students as they are made available to the department. Information may be found in the department office and on the website.

Majors/Concentrations
- Health and Physical Education
- School Wellness Education (BSED)
- Physical Activity and Fitness Management (BSED)
- Post-Baccalaureate Teacher Certification in Health and Physical Education

Certificate
- Teaching Health and Physical Education Online

Minors
- Adapted Physical Activity
- Adventure Fitness
- Aquatics
- Physical Education - Coaching

Graduate
- Adapted Physical Activity (MS)
- Teaching Online Certificate
The physical activity and fitness management specialist is a new and emerging profession that focuses on health promotion, physical activity and wellness for individuals across the community and throughout the lifespan. Adding evidence to intellectual value of the study of physical activity are current national initiatives to promote physical activity.

According to the Pennsylvania Center for Workforce Information and Analysis (2012), careers in health and fitness are the fourth fastest-growing careers in Pennsylvania. In 2008, according to Career Information Network, there were 261,000 positions in physical activity in Pennsylvania. As of 2018, this number is projected to extend 29 percent to 338,000. Some of these jobs include physical activity and health promotion specialists, physical activity directors and jobs focusing on health and fitness.

This program is designed to address the physical activity needs of society. By immersing students in wellness and physical activity experiences, both traditional and non-traditional, as well as emphasizing leadership and administration skills, graduates of this program will have a breadth and depth of experience to teach, lead and manage the health, wellness and physical activity programs in community and or commercial settings. Students select two of the five areas of emphasis to customize their own degree.

Areas of emphasis include:
- Adapted Physical Activity
- Adventure Fitness
- Aquatics
- Coaching
- Fitness Management

Student Organizations
- Adapted Physical Activity Council
- Aquatics Club
- Fitness Integrated Teaching Club
- Physical Activity and Fitness Management Club
- Phi Epsilon Kappa (honorary society)
- School Wellness Education Council

For more information:
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Slippery Rock, PA 16057
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