**LIBERAL STUDIES REQUIREMENTS (45-46 credits)**
See Liberal Studies Guide for Goal and Enrichment choices

<table>
<thead>
<tr>
<th>GOAL COURSE REQUIREMENTS</th>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASIC REQUIREMENTS (9 credits)</td>
<td>ENGL 102</td>
<td>Critical Writing</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<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></td>
<td>COMM 200</td>
<td>Public Speaking ∗</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**The Arts (3 credits)**

<table>
<thead>
<tr>
<th>Goal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal – Non-US</td>
<td>3</td>
</tr>
<tr>
<td>Goal - Non-US</td>
<td>3</td>
</tr>
<tr>
<td>Goal - US</td>
<td>3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Goal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal</td>
<td>3</td>
</tr>
</tbody>
</table>

**Science, Technology & Math (9-10 credits)**

| Goal – Sci | 3 |
| Goal - Sci | 3 |
| Lab - Sci | 1 |
| Goal – Math | 3 |

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

| Goal | 3 |

**ENRICHMENT COURSE REQUIREMENTS**

Choose one course from three of the following Enrichment areas. (9 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
</table>

**The Arts**

**Global Community**

**Human Institutions/Interpersonal Relationships**

**Science, Technology & Math**

**OTHER BASIC REQUIREMENTS**

Check with your advisor or 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ACSD 110</td>
<td>Beginning Algebra</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**COMPUTER COMPETENCY**

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**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
</table>

**IMPORTANT CURRICULUM GUIDE NOTES**

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in-progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisors to ensure accurate progress toward degree completion. The information on this guide is current as of the date below. Students are responsible for curriculum requirements at the time of enrollment at the University.

- Course may have a prerequisite. See Undergraduate Online Catalog.
- Course counts for 50% of Major and Major GPA
- PASSHE = Pennsylvania State System of Higher Education Institutions

**GPA REQUIREMENT**

- 2.8 or higher Major GPA
- 2.5 or higher Overall GPA

**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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
</table>

**Required Core Courses (24 credits)**

- PE 131 ∗ Foundations of Leadership in Physical Activity | 3 |
- PE 231 ∗ Strategies for Teaching Physical Activity | 3 |
- PE 202 ∗ Technology for Wellness | 3 |
- PE 331 ∗ Evidence-Based Physical Activity Practices | 3 |
- PE 332 ∗ Admin. & Mgmt of Physical Activity Programs | 3 |
- PE 473 ∗ Professional Adv. & Leadership in Physical Activity | 3 |
- PE 450 ∗ Internship in Physical Activity | 6 |

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

- PE 242 ∗ Physical Health and Fitness Education | 3 |
- PE 268 ∗ Introduction to School and Community 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 297 ∗ Intro to Adapted Physical Activity | 3 |
- PE 353 ∗ Adapted Physical Activity and Health Through the Lifespan | 3 |
- PE 364 ∗ Biomech of Individuals with Disabilities | 3 |
- PE 460 ∗ Program Design in Adapted Physical Activity | 3 |

**BLOCK B: Aquatics (12 credits)** Students must take PE 107, 348, 446 plus you must select a minimum of four (4) credits from the following:

- PE 107 ∗ Aquatic Fundamentals | Required |
- PE 188 ∗ Sailing | |
- PE 189 ∗ Basic Canoeing | 2 |
- PE 236 ∗ Intro to Kayaking | 2 |
- PE 262 ∗ Adapted Aquatics | 3 |
- PE 263 ∗ Lifeguarding | 3 |
- PE 345 ∗ Teaching and Coaching of Water Polo | 3 |
- PE 348 ∗ Aquatic Leadership | Required |
- PE 349 ∗ Skin & Scuba Diving | 1 |
- PE 446 ∗ Water Safety Instruction | Required |

**BLOCK C: Outdoor Adventure Fitness (12 credits). Students must take PE 241 and 334 plus you must select a minimum of six (6) credits from the following:**

- PE 123 ∗ Stand-Up Paddleboarding | 2 |
- PE 125 ∗ Bicycling | 2 |
- PE 162 ∗ Intro to Rock Climbing | 2 |
- PE 186 ∗ Cross Country Skiing | 2 |
- PE 189 ∗ Basic Canoeing | 2 |
- PE 236 ∗ Intro to Kayaking | 2 |
- PE 241 ∗ Outdoor Pursuits | Required |
- PE 272 ∗ Enhancing Fitness through Running and Walking | 2 |
- PE 334 ∗ Applied Methodologies in Adventure Activities | Required |

**BLOCK D: Coaching Education (12 credits). Students must take PE 270 & 369 plus you must select a minimum of six (6) credits from the following:**

- PE 230 ∗ Teaching and Coaching of Track & Field | 3 |
- PE 266 ∗ Disab Sport in 21st Century: A Global Perspective | 3 |
- PE 270 ∗ Psych-Soc Bases of Sport | Required |
- PE 301 ∗ Sports Officiating | 2 |
- PE 356 ∗ Net/Wall Activities and Games | 3 |
- PE 357 ∗ Territory Activities and Games | 3 |
- PE 358 ∗ Lifetime/Leisure Activities and Games | 3 |
- PE 359 ∗ Striking / Fielding Activities and Games | 2 |
- PE 369 ∗ Phylls & Psych of Coaching | Required |

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

- PE 238 ∗ Applied Principles of Exercise | 3 |
- PE 336 ∗ Teaching and Leading Group Exercise | 3 |
- PE 378 ∗ Teaching and Leading of Strength/Resistance Training | 3 |
- PE 379 ∗ Fitness Management | 3 |

Health and Physical Education BSED (1158)
Concentration in Physical Activity & Fitness Management (PAFM)
Effective Fall 2016 Enrollment Management Revised 08-2017