

PHYSICAL ACTIVITY & FITNESS MANAGEMENT

DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION
COLLEGE OF EDUCATION

WHAT CAN I DO WITH A PHYSICAL ACTIVITY AND FITNESS MANAGEMENT DEGREE?

With a degree in Physical Activity and Fitness Management (PAFM), students can apply their passion for healthy living to a career in the exploding field of wellness. A PAFM degree will prepare you to teach, lead, and manage physical activity and fitness in a variety of community and commercial settings, including fitness director of a commercial fitness facility; coach of a collegiate athletic team; operator of an outdoor adventure camp; Paralympic or Special Olympics Training Center trainer/coach; aquatic director at a YMCA or water park; or business owner focused on fitness, health, and wellness. You make the decision—we'll provide the knowledge base to get you started.

PHYSICAL ACTIVITY AND FITNESS MANAGEMENT AT SRU

Students in the PAFM program at SRU learn about physical activity, wellness, fitness, and health education in hands-on classes rooted in theory, practical experience, and best practices. The rigorous and thorough coursework prepares students to implement pioneering wellness programs while working with people of all ages and abilities. Students can choose from five specialty areas and five minors, which allow them to personalize their degree to translate their personal interests and love of health and wellness into a career that benefits others.

WHY CHOOSE SRU PHYSICAL ACTIVITY AND FITNESS MANAGEMENT?

- 1. Active learning:** In our program, we believe that one of the best ways to learn academic content is to experience it. We don't just talk about physical activity; we learn through being active.
- 2. Flexible curriculum:** Choose two specialty areas—aquatics, adapted physical activity, coaching education, fitness management, or outdoor adventure—and use 14 elective credits to pursue a related minor and broaden your career preparation.
- 3. Experienced faculty:** Learn from faculty with extensive professional experience in coaching, aquatics, outdoor adventure, fitness, and other specialty areas, as well as industry certifications and published expertise.
- 4. Projects and research with faculty:** Students will have the opportunity to work with faculty on research projects that can then be presented at local, state, national, or international conferences, providing a valuable experience for those considering graduate school.
- 5. Support and guidance:** Our faculty are not only teachers in the classrooms, but advisors to our students, assisting with decision-making as it pertains to class schedules, internships, and more.



MAJORS

Health and Physical Education with a concentration in Physical Activity and Fitness Management (BSED)*

MINORS

- Adapted Physical Activity
- Adventure Fitness
- Aquatics
- Coaching
- Wellness

PRE-PROFESSIONAL PROGRAMS AND AFFILIATIONS

- Physical Activity & Fitness Management (BSED) Pre-Athletic Training (SRU) Accelerated 3+2 or Traditional
- Physical Activity and Fitness Management (BSED) Pre-Occupational Therapy (SRU) Accelerated 3+3 or Traditional
- Articulation Agreement with Butler County Community College (BC3): Students who begin their studies at BC3 can continue in the PAFM concentration to earn their four-year degree.

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INTERNSHIP OPPORTUNITIES

Physical Activity and Fitness Management students have completed internships at various locations including:

- Oxford Athletic Club (Wexford, PA)
- YMCA (various locations)
- Pittsburgh Passion Women's Football (Pittsburgh, PA)
- Ajax Adventure Ranch Camp (Aspen, CO)
- Special Olympics PA (Norristown, PA)
- Sunset Sand Volleyball Club (Hermosa Beach, CA)
- American Classic Golf Club (Lewes, DE)
- Royal Oakes Active Living Community (Sun City, AZ)
- Virginia G. Piper Sports & Fitness Center for Persons with Disabilities (Phoenix, AZ)
- Liverpool County Football Association (Liverpool, England}

CAREER OUTCOMES

While many SRU Physical Activity and Fitness Management students will continue their education after earning their bachelor's degree, graduates of the department will be qualified to begin careers in many different areas, including, but not limited to:

- Aquatics director/coordinator
- Fitness director
- Corporate fitness director
- Gym owner
- Personal trainer
- Youth sports director
- Collegiate coach
- Outdoor program director
- Ski school manager
- Director of hockey programs
- Director of Special Olympic/Paralympic training center

CLUBS AND ORGANIZATIONS

- Physical Activity and Fitness Management (PAFM) Club
- Aquatics Club
- Outdoor Adventure Club
- Adapted Physical Activity Council (APAC)



ALUMNI SPOTLIGHT

Angela Baker – SRU class of 2021

Assistant Coach, Point Park University Women's Flag Football

Prior to this position, Baker spent three seasons with the New York Giants as an Offensive Assistant, where she worked closely with the Giants' tight ends and had regular and direct contact with the head coach, offensive coordinator, and quarterback coach. She was one of the first women to hold a coaching position in franchise history.

Jacob Economu – SRU class of 2019

Tactical Strength & Conditioning Coach & Facilities Manager, Camp Atterbury

Jake applies human performance principles effectively and adapts them to the needs of soldiers and their respective duties. He builds working relationships and training experiences with Special Forces soldiers.

ACADEMIC CONTACT:

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FOR MORE INFORMATION:

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