Slippery Rock University of Pennsylvania – Curriculum Guide
Bachelor of Science in Education in Health and Physical Education
Concentration in Physical Activity and Fitness Management
FRESHMAN ENTERING ON OR AFTER FALL 2019

ROCK STUDIES REQUIREMENTS (42 Credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
</tr>
</thead>
<tbody>
<tr>
<td>[DEPT] 139</td>
<td>University Seminar</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 102</td>
<td>Critical Writing</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 104</td>
<td>Critical Reading</td>
<td>3</td>
</tr>
<tr>
<td>COMM 200 or</td>
<td>Civil Discourse</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 110 or</td>
<td>Ethics and Civil Discourse</td>
<td>3</td>
</tr>
<tr>
<td>POLS 235</td>
<td>Civil Discourse and Democracy</td>
<td>3</td>
</tr>
<tr>
<td>MATH 117</td>
<td>Quantitative Reasoning</td>
<td>3</td>
</tr>
</tbody>
</table>

INTEGRATED INQUIRY (15 credits)

Creative and Aesthetic Inquiry (Choose 3 credits)

- Humanities Inquiry (3 credits)
- Social Science Inquiry (3 credits)
- Natural Sciences Inquiry (3 credits)

SCI 101  Science of Life  3

SCI 102  Understanding the Physical World  3

THEMATIC THREAD (12 credits)

Choose 12 credits (from at least 3 Categories; no more than 6 credits from one department; 6 credits must be 300-level or above)

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

Students must demonstrate "computer competency" by:

- Passed Exam  Pass Computer Competency Exam at SRU  3
- OR
- CPSC ___  Complete one of the following courses: CPSC 100, 110, 130, or PE202 at SRU or another post-secondary institution  1-3

ELECTIVES

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 towards 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 can be counted as a Rock Studies Requirement, but earns credit only once toward your 120-credits total.
~ Course counts for 50% of Major requirements but not for Major GPA

PASSHE = Pennsylvania State System of Higher Education Institution

MAJOR / CONCENTRATION REQUIREMENTS (60 credits)

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</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*  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  Required  3
- PE 348*  Aquatic Leadership  Required  3
- PE 446*  Water Safety Instruction  Required  3

**Select 4 credits from the following:**

- PE 123*  Stand-Up Paddleboarding  2
- PE 189*  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 Pursuit  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

GPA REQUIREMENT

2.8 or higher Major GPA
2.5 or higher Overall GPA

Health and Physical Education – BSED (1158)
Concentration in Physical Activity and Fitness Management (PAFM)
Effective Fall 2019
Revised 9-2019
UCC 4.3.2019

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

Select 3 credits from the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course 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 Code</th>
<th>Course 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>

### Co-curricular and Experiential Learning

Students are encouraged to explore additional curricular and co-curricular opportunities. There is a strong correlation between long-term student success and participation in the following types of programs and activities:

1. International study programs (short-term, semester, and year-long)
2. Student-faculty research
3. Student leadership development
4. Service-learning classes
5. Career education and development
6. Internship
7. Volunteering