

# Slippery Rock University of Pennsylvania – Curriculum Guide

## Minor in Adventure Fitness

<b>MINOR REQUIREMENTS (18 credits)</b>		
<i>Course</i>	<i>Title</i>	<i>Cr</i>
<b>Adventure Fitness Required Courses (12 credits)</b>		
PE 241	Outdoor Pursuits	3
PE 342	Wellness through Movement	3
PE 332	Administration and Management of Physical Activity Programs★	3
PE 334	Applied Methodologies in Adventure Activities★	3
<b>Adventure Fitness Elective Classes (6 credits)</b>		
PE 123	Stand Up Paddle Boarding	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

Minor requirements:

- Students must complete at least 6 credit hours in their minor from SRU
- A minimum of 6 credit hours must be upper division (an upper division course includes any 3 credit course that requires a pre-requisite)
- A minor shall be no fewer than 18 credits.

### **IMPORTANT CURRICULUM GUIDE NOTES**

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended minor 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.*

★ Indicates this course may have a prerequisite. Refer to Undergraduate Online Catalog.

**GPA REQUIREMENT  
2.0 or higher Minor GPA**