

LIFELONG WELLNESS THROUGH INNOVATIVE LEADERSHIP

MASTER OF SCIENCE
COLLEGE OF EDUCATION

www.sru.edu/wellness



CHOICE OF CONCENTRATION

Adapted Physical Activity (APA)
School Wellness Education (SWE)

DELIVERY METHODS

APA - onsite / SWE: 100% Online

START TERMS

APA - Fall or Spring
SWE - Fall, Winter, Spring, Summer

COMPLETION TIME

APA - 12 months (full-time)
SWE: 12 months (full-time) or
work at your own pace

NUMBER OF CREDITS

30 credits



SlipperyRock
University

A member of Pennsylvania's State System
of Higher Education

EXPERIENCE THE DIFFERENCE

www.sru.edu/graduate

PROGRAM DESCRIPTION

The Master of Science in Lifelong Wellness through Innovative Leadership program takes a uniquely innovative approach to educating professionals on how to provide learners with both physical and overall wellness skills that can be carried throughout their entire lifetime. Participants can choose between two concentrations within the program: Adapted Physical Activity or School Wellness Education.

The Adapted Physical Activity (APA) Concentration Description

The Adapted Physical Activity (APA) concentration, part of the Master of Science in Lifelong Wellness through Innovative Leadership program, is geared toward individuals who already hold undergraduate degrees in areas such as physical education, teacher education, exercise science, therapeutic recreation, special education, athletic training, or other related fields. Learners in this concentration will be empowered to fill the critical need in the human service profession of improving the physical activity and wellbeing of individuals with disabilities. Learners enrolled in this concentration will acquire the unique skill sets to create and lead programs that help people with disabilities stay active and healthy. Graduates can find rewarding careers such as adapted physical education specialists in school districts, advanced recreation therapy positions, fitness center positions, and community-based agencies focusing on health promotion and physical activity for persons with disabilities.

The Adapted Physical Activity concentration requires extensive practical experiences for its students to work one-on-one and in small groups directly with individuals with disabilities. For many, the highlight of the program is the Internship experience. APA interns have worked with Paralympic athletes at both the Lakeshore Foundation in Alabama and the Paralympics Olympic site in Colorado. Other internship settings include camps and outdoor wilderness programs, public schools, fitness centers, recreation facilities, rehabilitation hospitals, the SRU equestrian center, pools and sport training facilities.

The School Wellness Education (SWE) Concentration

The School Wellness Education (SWE) concentration, part of the Master of Science in Lifelong Wellness through Innovative Leadership program, is geared toward health and physical education teachers looking to transition from a traditional health and physical education model to a wellness education model. This concentration will also benefit professionals who are eager to enhance their current school wellness model.

Learners in this program will be empowered to create a healthier society through their schools by updating their k-12 health and physical education programs to better align with current initiatives from the Society of Health and Physical Educators (SHAPE America) and the Centers for Disease Control and Prevention (CDC). Graduates of this program will be equipped with the skills to facilitate positive change within their classrooms, schools, and k-12 health and physical education programs. The School Wellness Education concentration focuses on four core areas of learning: school wellness, personalized learning, utilizing educational technology for teaching, and school-to-community wellness (WSCC model).

PROGRAM HIGHLIGHTS

The Adapted Physical Activity (APA) concentration offers:

- A 30-credit hour program that can be completed in 12 months beginning either fall or spring term
- A non-thesis program which includes a research project and culminates in a required six-credit hour internship experience
- Hands-on internship opportunities

The graduate program in Adapted Physical Activity is structured to address public policy and health promotion initiatives as described by legislators and health care personnel at the federal and the state levels. The curriculum is issue-oriented and prepares its graduates for professional, advocacy, and leadership (PAL) roles in the community and across the state.

The School Wellness Education (SWE) concentration offers:

- A 30-credit hour program with a flexible option for learners who prefer to go at their own pace or need to fit the program into their unique schedule as a working professional.
- Courses 100% online with flexibility to learn from anywhere
- Core courses during the fall or spring semester and remaining credits offered during the winter and summer terms

ADMISSION REQUIREMENTS

All applicants must submit the following materials along with a completed online graduate application and non-refundable application fee:

1. Official undergraduate transcripts from the applicant's baccalaureate granting institution and any graduate transcripts (if applicable).
2. Two letters of recommendation
3. A 750 word essay describing how this degree will help reach your career goals.

Unconditional admission may be offered to applicants who submit acceptable credentials as listed above, and who have earned an undergraduate GPA of 2.75 or higher (based on a 4.0 scale). Applicants who do not meet all of the above criteria may be offered conditional admission upon recommendation of the graduate coordinator and approval by the dean of the appropriate college. Applicants should have their final official transcripts forwarded directly to the Office of Graduate Admissions.

TUITION & ASSISTANTSHIPS

Information on current tuition and assistantships can be found on the main Graduate Admissions website at www.sru.edu/graduate. Financial Aid brochures are available through the Financial Aid Office at www.sru.edu/FinAid or the Office of Graduate Admissions.

CURRICULUM (30 CREDITS)

Core classes taken by all students (15 credits):

FALL TERM	SPRING TERM	SUMMER TERM
PE 740: Application of Research for Physical Activity and Wellbeing	PE 685: Fundraising and Grant Writing	PE 750:* Internship (6 cr.) or Capstone (will be taken by APA students. It can be taken by SWE students or SWE students can take two 3 cr. electives)
	PE 745: Leadership Training in Physical Activity and Wellbeing	

*PE 750 can be taken during the Spring term for Spring admits.

ADAPTED PHYSICAL ACTIVITY CONCENTRATION (15 credits)

FALL TERM	SPRING TERM
PE 662: Disability Sport in the 21st Century: A Global Perspective	PE 678: Physical Activity and Disability Across the Lifespan
PE 673: Advanced Study of Disability in Physical Activity	PE 698: Special Topics in Adapted Physical Activity
PE 694: Health Promotions for Persons with Disabilities	

OR

SCHOOL WELLNESS EDUCATION CONCENTRATION (15 credits)

COURSES TAKEN IN ANY ORDER (OFFERED DURING SUMMER & WINTER TERMS)
PE 601: Creating School Wellness programs
PE 602: Advocating for School and Community Wellness
PE 603: Educational Technology for School Wellness
PE 604: Personalizing Learning in Health and Physical Education
Graduate Elective

FOR QUESTIONS ABOUT ACADEMICS AND COURSE SCHEDULING:

Dr. Dallas Jackson
Graduate Coordinator
126 Morrow Field House
724.738.4251
dallas.jackson@sru.edu

FOR QUESTIONS ABOUT ADMISSIONS:

Office of Graduate Admissions
104 North Hall, Welcome Center
Slippery Rock, PA 16057
www.sru.edu/graduate
724.738.2051 or 877.SRU.GRAD
graduate.admissions@sru.edu

The educational policies and procedures are continually being reviewed and changed in keeping with the mission of the university. Consequently, this document cannot be considered binding and is intended to be used as only an informational guide. Students are responsible for being informed of official policies and regulations for meeting all appropriate requirements.