

# LIFELONG WELLNESS THROUGH INNOVATIVE LEADERSHIP

MASTER OF SCIENCE

DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION

COLLEGE OF EDUCATION

## CHOICE OF CONCENTRATION

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

### DELIVERY METHODS

100% online

### START TERMS

Fall, Winter, Spring, Summer

### COMPLETION TIME

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

### NUMBER OF CREDITS

30 credits (APA)

## SCHOOL WELLNESS EDUCATION (SWE) CONCENTRATION

Transition from a Traditional  
Health and PE Model  
to a Wellness Education Model

Align with Current Initiatives  
from the  
SHAPE America and CDC

## ADAPTED PHYSICAL ACTIVITY (APA) CONCENTRATION

### Possible Careers

Adapted PE Specialists

Health Promotion Agencies for  
People with Disabilities

Advanced Recreation  
Therapy Positions

Fitness Center Positions

## 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.

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).

### Initial Teaching Certification in K-12 Health and Physical Education

The School Wellness Education (SWE) concentration also offers a path for learners who are interested in earning a teaching certificate in K-12 health and physical education. Through additional online coursework and in-person field and student teaching experiences in a location near you, this concentration can provide learners with the opportunity to pursue their goal in becoming a certified teacher. Candidates will learn how to teach based on national standards in health and physical education and the application of the School Wellness Education (SWE) model. This model is a curricular approach that focuses on why physical education/physical activity enhances students' wellbeing, and empowers health and physical education teachers to serve as advocates for physical activity and wellness throughout the whole school.

An academic advisor can guide you in identifying how many additional credits will be required for you to earn teaching certification, based on your educational background and undergraduate transcript.

Candidates will need to demonstrate evidence of meeting additional prerequisites and admission criteria before enrolling in any field-based courses that are required for teaching certification.

## PROGRAM HIGHLIGHTS

### The Adapted Physical Activity (APA) concentration offers:

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

### 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

### The School Wellness Education (SWE) concentration with teaching certification offers:

- Individual advising on the additional coursework, field, and student teaching experiences needed to earn teaching certification
- Core courses during the fall or spring semester and remaining credits offered during the winter and summer terms
- 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
- Required in-person field and student teaching; location approved by department

**SlipperyRock**  
University

A member of Pennsylvania's State System  
of Higher Education

EXPERIENCE THE DIFFERENCE

[www.sru.edu/graduate](http://www.sru.edu/graduate)

## ADMISSION REQUIREMENTS

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

1. Official undergraduate degree transcript(s) and any graduate transcripts (if applicable).
2. Two electronic recommendation forms
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.

## CURRICULUM GUIDE - ADAPTED PHYSICAL ACTIVITY CONCENTRATION

### Required Courses

PE 685	Fundraising and Grant Writing	3	
PE 740	Application of Research for Physical Activity and Well-Being		3
PE 745	Leadership Training in Physical Activity and Well-Being	3	
PE 750	Internship *		6
<b>Subtotal</b>			<b>15</b>

### Concentration - Adapted Physical Activity Requirements

PE 662	Disability Sport		3
PE 673	Advanced Study of Disability in Physical Activity		3
PE 678	Physical Activity and Disability Across the Lifespan		3
PE 694	Health Promotions for Persons with Disabilities		3
PE 698	Selected Topics		3
<b>Total Hours</b>			<b>30</b>

\* Optionally students may select two elective courses in consultation with academic adviser.

### 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 advisers to ensure accurate progress towards degree completion. The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.

PASSHE - Pennsylvania State System of Higher Education Institutions  
 Major Code: 9LWO  
 Concentration Code: APHO  
 Revised 06.28.2022  
 UCC: 02.15.2022

## CURRICULUM GUIDE - SCHOOL WELLNESS CONCENTRATION WITH OPTIONAL TEACHING CERTIFICATION

### Required Courses

PE 685	Fundraising and Grant Writing	3	
PE 740	Application of Research for Physical Activity and Well-Being		3
PE 745	Leadership Training in Physical Activity and Well-Being	3	
PE 750	Internship *		6
<b>Subtotal</b>			<b>15</b>

### Concentration - School Wellness Education Requirements

PE 601	Pedagogy in School Wellness Education	3	
PE 602	Advocating for School and Community Wellness		3
PE 603	Educational Technology for School Wellness		3
PE 604	Personalizing Learning in Health and Physical Education		3
	Graduate Elective		3
<b>Total Hours</b>			<b>30</b>

\*Optionally students may select two elective courses in consultation with academic adviser.

### School Wellness Education Teaching Certification Option:

PE 605	Field Experience in School Wellness Education		3
PE 755	Student Teaching		9
<b>Total Hours</b>			<b>39</b>

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PASSHE - Pennsylvania State System of Higher Education Institutions

Major Code: hip - (9LWO)  
 Concentration Code: (SCWO)  
 Revised 06.28.2022  
 UCC: 02.15.2022

## TUITION & ASSISTANTSHIPS

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



## FOR QUESTIONS ABOUT ACADEMICS AND COURSE SCHEDULING:

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 Graduate Coordinator  
 118 Morrow Field House  
 724.738.2819  
[wenhao.liu@sru.edu](mailto:wenhao.liu@sru.edu)

## FOR QUESTIONS ABOUT ADMISSIONS:

Office of Graduate Admissions  
 104 North Hall, Welcome Center  
 Slippery Rock, PA 16057  
[www.sru.edu/graduate](http://www.sru.edu/graduate)  
 724.738.2051 or 877.SRU.GRAD  
[graduate.admissions@sru.edu](mailto: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.