

# SCHOOL WELLNESS EDUCATION (CONCENTRATION) LIFELONG WELLNESS THROUGH INNOVATIVE LEADERSHIP

MASTER OF SCIENCE  
DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION  
COLLEGE OF EDUCATION

## DELIVERY METHODS

100% online

## START TERMS

Fall, Winter, Spring, Summer

## COMPLETION TIME

SWE: 24 months

Teacher Cert Only: 18 months

## NUMBER OF CREDITS

30-39 credits

## IMPORTANT NOTE

Practicum and/or student teaching must be completed in the state of Pennsylvania

## PROGRAM DESCRIPTION

### School Wellness Education (SWE)

The School Wellness Education (SWE) concentration is designed for professionals who are interested in prioritizing whole-child wellness through health and physical education programs. Courses emphasize personalized learning, the Whole School, Whole Community, Whole Child (WSCC) framework, and the use of educational technology to promote wellbeing through schools. Graduates are prepared to align health and physical education curricula to state and national standards while developing the capacity to lead wellness and physical activity initiatives within K-12 schools.

### Initial Teaching Certification (K-12 Health and Physical Education)

The SWE concentration also offers a pathway to Initial Teaching Certification in K-12 Health and Physical Education. Through additional coursework and supervised field and student teaching experiences, candidates develop the pedagogical knowledge and practical skills needed to teach based on national standards. This option emphasizes instructional planning, assessment, classroom management, and the application of the School Wellness Education model. Graduates are prepared to serve as certified health and physical education teachers and advocates for school-wide wellness.

## PROGRAM HIGHLIGHTS

### School Wellness Education (SWE) concentration offers:

- 30-credit graduate program with flexible pacing options, leading to MS degree
- 100% online coursework designed for working professionals
- Core courses offered in fall or spring, remaining credits in winter and summer
- Emphasis on school wellness, education technology, and personalized learning

### The School Wellness Education (SWE) with Teaching Certification

- 24-credit graduate program with flexible pacing options
- Individual advising, or additional coursework, field, and student teaching requirements
- Online coursework designed for working professionals
- Required in-person field and student teaching experiences
- Core courses offered in fall or spring, remaining credits in winter and summer
- Flexible scheduling options for working professionals

## ADMISSION REQUIREMENTS

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

- Official undergraduate degree transcript(s) and any graduate transcripts (if applicable)
- Two electronic recommendation forms
- A 750-word essay describing how this degree will help you 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 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](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.

## NOTE:

Financial Aid is not available for the certification only program.

## SCHOOL WELLNESS EDUCATION (SWE) CONCENTRATION

Transition from a Traditional Health & Physical Education Model to a Comprehensive Wellness Education Model

Aligns with National Initiatives from SHAPE America and the CDC



SlipperyRock  
University

A member of Pennsylvania's State System  
of Higher Education

EXPERIENCE THE DIFFERENCE

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



SCAN the QR code  
for more information

**CURRICULUM GUIDE**

**Required Core Courses**

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

\*\*With approval of the academic advisor, students may substitute two graduate elective courses for PHED 750 Internship.

**CONCENTRATION REQUIREMENTS**

PHED 601	Pedagogy in School Wellness Education	3
PHED 602	Advocating for School and Community Wellness	3
PHED 603	Educational Technology for School Wellness	3
PHED 604	Personalizing Learning in Health and Physical Education	3
Graduate Elective		3
<b>Subtotal</b>		<b>15</b>
<b>Total Hours</b>		<b>30</b>

**CURRICULUM GUIDE**

**School Wellness Education with Teaching Certification:**

PHED 601	Pedagogy in School Wellness Education	3
PHED 602	Advocating for School and Community Wellness	3
PHED 603	Educational Technology for School Wellness	3
PHED 604	Personalizing Learning in Health and Physical Education	3
PHED 605	Field Experience in School Wellness Education ( <b>requires successful completion of PHED 601</b> )	3
PHED 755	Student Teaching	9
<b>Total Hours</b>	<b>HPE Teacher Certification</b>	<b>24</b>

\*With approval of the academic advisor, PHED 755 (Student Teaching) may be substituted for two graduate elective courses in the master's degree program.

**Certification Courses offered as follows:**

<b>Fall term:</b>	PHED 601 PHED 755	<b>Spring term:</b>	PHED 605 (PHED 601 pre-requisite)
<b>Winter term:</b>	PHED 603	<b>Summer term:</b>	PHED 602 PHED 604

**FOR QUESTIONS ABOUT ACADEMICS AND COURSE SCHEDULING:**

Dr. Joanne Leight  
Graduate Coordinator  
109A Morrow Field House  
724.738.2795  
joanne.leight@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.