

PHYSICAL ACTIVITY AND FITNESS MANAGEMENT

COLLEGE OF EDUCATION



WHAT CAN I DO WITH A PHYSICAL ACTIVITY AND FITNESS MANAGEMENT DEGREE?

With a degree in physical activity and fitness management, students can apply their passion for healthy living to a career in the exploding field of wellness with our unique and creative approach to education. A PAFM degree will prepare you to teach, lead and manage physical activity and fitness in a variety of community and commercial settings, including: fitness director of a commercial fitness facility; coach of a collegiate athletic team; operator of an outdoor adventure camp; Paralympic or Special Olympics Training Center trainer/coach; aquatic director at a YMCA or water park; or start your own business focusing on fitness, health and wellness. You make the decision and we will provide the knowledge base to get you started.

MAJOR

- Health & PE w/ a concentration in Physical Activity and Fitness Management (BSED)

PRE-PROFESSIONAL PROGRAMS AND AFFILIATIONS

- Health & PE w/ a concentration in Physical Activity and Fitness Management (BSED) Pre-Athletic Training (SRU) Accelerated 3+2 or Traditional
- Health & PE w/ a concentration in Physical Activity and Fitness management (BSED) Pre-Occupational Therapy (SRU) Accelerated 3+3 or Traditional
- Articulation Agreement with Butler County Community College (BC3): Students who begin their studies at BC3 can continue in the Physical Activity and Fitness Management concentration to earn their four-year undergraduate college degree.

MINORS

- Minor in Adapted Physical Activity
- Minor in Adventure Fitness
- Minor in Aquatics
- Minor in Coaching
- Minor in Wellness

PHYSICAL ACTIVITY AND FITNESS MANAGEMENT AT SRU

Students in the physical activity and fitness management program at SRU learn about physical activity, wellness, fitness and health education in hands-on classes rooted in theory, practical experience and best practices. The rigorous and thorough coursework prepares students to implement pioneering wellness programs while working with people of all ages and abilities. Students can choose from five specialty areas and five minors, which allow them to personalize their degree to translate their personal interests and love of health and wellness into a career that benefits others.

WHY CHOOSE PHYSICAL ACTIVITY AND FITNESS MANAGEMENT AT SRU?

1. **Active learning:** In our program, we believe that one of the best ways to learn academic content is to experience it. We don't just talk about physical activity; we learn through being active.
2. **Choice:** SRU's program is designed to give students the opportunity to design their own curriculum. Students can choose two of five specialty areas (aquatics; adapted physical activity; coaching education; fitness management; and outdoor adventure) as part of their required coursework. There are also 14 elective credits that can be used to obtain a minor in a related discipline to broaden the students' knowledge base and to make the student more marketable upon graduation.
3. **Experienced faculty:** Our faculty are experts in their specialty areas with professional, real-world experience in the areas that they teach. Our faculty have worked as collegiate-level athletic coaches, running highly-populated water fronts while training professionals in health & safety, as professional outdoor adventure guides and in the training of professional athletes. They have also authored textbooks and hold numerous certifications in their respective fields.
4. **Projects and research with faculty:** Students will have the opportunity to work with faculty on research projects that can then be presented at local, state, national or international conferences, providing a valuable experience for those considering graduate school.
5. **Support and guidance:** Our faculty are not only teachers in the classrooms, but advisers to our students; assisting with decision-making as it pertains to class schedules, internships and more.

SlipperyRock
University

A member of Pennsylvania's State System
of Higher Education

EXPERIENCE THE DIFFERENCE
www.sru.edu

INTERNSHIP OPPORTUNITIES

Physical activity and fitness management students have completed internships at various locations including:

- Oxford Athletic Club, Wexford, Pennsylvania
- YMCA (Grove City, Butler, New Castle, Pittsburgh, Franklin and Oil City, Pennsylvania; and Estes Park, Colorado)
- Pittsburgh Passion, Professional Women's Football, Pittsburgh, Pennsylvania
- Ajax Adventure Ranch Camp, Aspen, Colorado
- Special Olympics PA, Norristown, Pennsylvania
- Sunset Sand Volleyball Club, Hermosa Beach, California
- American Classic Golf Club, Lewes, Delaware
- Royal Oakes Active Living Community, Sun City, Arizona
- Virginia G. Piper Sports & Fitness Center for Persons with Disabilities, Phoenix, Arizona
- Liverpool County Football Association, Liverpool, England

CAREER OUTCOMES

While many SRU physical activity and fitness management students will continue their education after earning their bachelor's degree, graduates of the department will be qualified to begin careers in many different areas, including, but not limited to, the following:

- Aquatics director/coordinator
- Fitness director
- Corporate fitness director
- Gym owner
- Personal trainer
- Youth sports director
- Collegiate coach
- Outdoor program director
- Ski school manager
- Director of hockey programs
- Director of Special Olympic/Paralympic training center

CLUBS AND ORGANIZATIONS

- Physical Activity and Fitness Management (PAFM) Club
- Aquatics Club
- Outdoor Adventure Club
- Adapted Physical Activity Council (APAC)



ALUMNI SPOTLIGHT

Sydney Rossman, '21

Event Specialist, Move United

Sydney organizes sport events across the country for Move United, an Affiliate of the U.S. Olympic & Paralympic Committee. Move United uses sports to push what is possible so everyone, regardless of ability, has equal access to sports and recreation in their community. The organization serves over 100,000 individuals with disabilities of all ages each year providing national leadership and opportunities to develop independence, confidence, and fitness through participation in community sports, including competition, recreation, and educational programs.

Angela Baker, '20

Offensive Quality Control Coach, New York Giants

Angela spent the 2021 Football season at the University of Redlands in California where she helped coach the kickers and punters and was a defensive quality control coach. She has recently joined the New York Giants' coaching staff as the inaugural recipient of the Rosie Brown Minority Coaching Fellowship. She now works full-time as the Offensive Quality Control Coach. In this position she has regular and direct contact with the head coach, offensive coordinator, and quarterback coach.

Jacob Economou, '19

*Assistant Strength and Conditioning Coach
Robert Morris University*

Jacob is responsible for the management, direction, and oversight of a competitive and progressive strength & conditioning program for the RMU Department of Athletics and its student-athletes to increase athletic performance and help reduce athletic-related injuries.

ACADEMIC CONTACT:

Morrow Field House
Traci Zillifro, program coordinator
traci.zillifro@sru.edu
724-738-2284

FOR MORE INFORMATION:

www.sru.edu/majors

ADMISSIONS OFFICE:

North Hall Welcome Center
asktherock@sru.edu
724.738.2015