

SCHOOL WELLNESS EDUCATION

DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION

COLLEGE OF EDUCATION



WHAT CAN I DO WITH A SCHOOL WELLNESS EDUCATION DEGREE?

Become an expert in health, physical activity and school wellness while earning K-12 teaching certification in health and physical education. Through continued research and study, we are learning more about the opportunities possible to create a culture of wellness in schools. Through this major, students can become certified teachers and learn how to be part of rebuilding the health and wellness of our society through schools.

SCHOOL WELLNESS EDUCATION AT SRU

The new and unique school wellness education curriculum is based on five pillars:

- Teaching excellence
- Physical health and wellness
- School-to-community wellness
- Social, emotional and cognitive wellness
- Professionalism, advocacy and leadership

Students earn their health and physical education teaching certification and will be prepared to lead comprehensive school physical activity programs. Our accredited teacher education curriculum is nationally recognized and is based on current initiatives in education, physical activity and school wellness.

WHY CHOOSE SCHOOL WELLNESS EDUCATION AT SRU?

- 1. Current and relevant curriculum:** Our innovative curriculum is based on preparing health and physical education teachers to create a culture of wellness in K-12 schools, as recommended by the Centers for Disease Control and Prevention's Whole School, Whole Community, Whole Child Model.
- 2. Early field experience:** Field experiences in public schools are embedded into our curriculum, beginning with the first year of the program. Students will have ample opportunities to gain confidence and experience in real schools at the elementary, middle and secondary levels before entering student teaching.
- 3. Experienced faculty:** Students are taught by full-time faculty members with a wide variety of experience teaching in both public schools and higher education. Our faculty brings real-world examples and research to the profession and the classroom.
- 4. Projects and research with faculty:** School wellness education majors have numerous opportunities to collaborate with faculty by participating in undergraduate research or by leading professional development days that promote student and faculty wellness in public schools.
- 5. Support and guidance:** Every school wellness education major is provided with a "Steps to Success" plan to help them make decisions about educational and career goals, thereby increasing their success in college and on the job market.
- 6. Accredited by the Council for the Accreditation of Teacher Preparation:** Accreditation means that our program meets or exceeds the national standards of the Society of Health and Physical Educators.

MAJOR

- Health and Physical Education w/ a concentration in School Wellness Education (BSED)*

MINORS AND CERTIFICATES

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

AFFILIATIONS

- SRU and Butler County Community College (BC3) have articulation agreements that will enable BC3 students to easily transition into SRU's undergraduate programs in health and physical education teacher: school wellness education. The partnership provides a curricular plan for students who want to begin their higher education at BC3 and transfer to SRU.

**SRU is required by the State Authorization Reciprocity Agreement and US Department of Education to notify you whether our program meets the academic licensure/certification requirements in another state. All jurisdictions have their own requirements for licensure/certification eligibility. SRU is approved to offer programs that may lead to licensure/certification in Pennsylvania. We are unable to determine our program's eligibility in states other than PA. Please review the licensing board contact resource at www.sru.edu/licensure-certification to seek guidance on the requirements of licensure in your home state or where you would like to practice professionally. Note that state requirements are subject to change at any time and without notice.*

SlipperyRock
University

A member of Pennsylvania's State System
of Higher Education

EXPERIENCE THE DIFFERENCE

www.sru.edu

INTERNSHIP OPPORTUNITIES

High-quality student teaching centers are situated in various locations across western Pennsylvania, including but not limited to:

- Cranberry Area School District
- Deer Lakes Area School District
- Girard Area School District
- Mount Lebanon Area School District
- North Allegheny School District

CAREER OUTCOMES

- This program prepares graduates to teach health and physical education courses in grades K-12 and plan and implement wellness programs in schools.
- An educator holding a valid and active Pennsylvania certificate for health and physical education (Code 4805) is qualified to teach: health; kinesiology; motor skill development and motor learning; group interactions; personal fitness; principles of exercise and training; the effects of physical activity on the body systems; games and sports; lifetime leisure skills; dance and rhythmic activities; outdoor skills and activities; adaptive physical education; and swimming/aquatics.
- Graduates are prepared to plan and implement whole school wellness programs and Comprehensive School Physical Activity Programs.

CLUBS AND ORGANIZATIONS

- Adapted Physical Activity Council
- Adventure Fitness Club
- Aquatics Club
- School Wellness Education Council

*All candidates completing this program and student teaching are eligible to receive Pennsylvania certification after achieving a passing or qualifying score on Pennsylvania Department of Education required exam(s). If you are interested in teaching in another state, please contact the Department of Education in that state.



ALUMNI SPOTLIGHT

Ellisyn Mularski, '20

Health and Physical Education Teacher, Commodore Perry School District, Hadley, Pennsylvania

"The SRU School Wellness Education Program is truly pioneering wellness in schools. All four years, I have witnessed my professors lead by example and inspire their students everyday. You will come out of this program as a better human and have the ability to share your knowledge and passion for health and physical education with K-12 students."

Abigail Way, '20

Elementary Health and Physical Education Teacher, Conestoga Valley School District, Lancaster, PA

"The School Wellness Education program at SRU teaches you to inspire. The professors have used their knowledge, skills and passion to innovate physical education. Their motivating teaching styles and experiences allow you as a future professional to get the best education possible to change the lives of your students."

Zane Watson, '19

High School Physical Education and Adapted Physical Education Teacher, Meadville Area Senior High School, Meadville, Pennsylvania

"The School Wellness Education program at SRU provided me with the tools and confidence necessary to introduce a wellness curriculum within my school. The professors inspired my teaching and helped me become the passionate teacher that I am today. Graduates of this program will bring a positive change in the direction of wellness in schools."

DEPARTMENT CONTACT:

Morrow Field House
Joanne Leight, chairperson
joanne.leight@sru.edu
724-738-2795

FOR MORE INFORMATION:

www.sru.edu/majors

ADMISSIONS OFFICE:

North Hall Welcome Center
asktherock@sru.edu
724.738.2015