



2015-2016 PETITION/PROGRAM SHEET
Degree: Bachelor of Arts
Major: Kinesiology
Concentration: Fitness and Health Promotion

About This Major . . .

Students enrolled in this concentration should have a strong interest in the sciences as this program applies science to human function. The student will explore exercise physiology, anatomical kinesiology, community health, physical activity and aging, worksite health promotion, and sports nutrition, among other subject areas. Career opportunities include: sports and wellness program instructors and directors; strength coaches for college, university and professional sports* programs; managers and exercise leaders in corporate wellness programs; nutritionist*; occupational therapist* ; and personal trainer.

*Career requires additional post-baccalaureate studies.

Colorado Mesa students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, occupational therapy, physical education and public health.

For more information on what you can do with this major, go to <http://www.coloradomesa.edu/career/whatmajor.html>.

All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Evaluate the functions of the individual body systems. (Specialized Knowledge)
2. Identify risk factors associated with chronic disease. (Specialized Knowledge)
3. Identify exercise cautions and other safety concerns. (Critical Thinking)
4. Identify the scope and definitions of health, fitness, and human performance, with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
5. Describe and communicate how physical activity relates to health. (Communication Fluency)

NAME: _____ **STUDENT ID #:** _____

LOCAL ADDRESS AND PHONE NUMBER: _____
 _____ () _____

I, (Signature) _____, hereby certify that I have completed (or will complete) all the courses listed on the Program Sheet. I have read and understand the policies listed on the last page of this program sheet. I further certify that the grade listed for those courses is the final course grade received except for the courses in which I am currently enrolled and the courses which I complete next semester. I have indicated the semester in which I will complete these courses.

 Signature of Advisor Date 20

 Signature of Department Head Date 20

 Signature of Registrar Date 20

DEGREE REQUIREMENTS:

- 120 semester hours total (Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher).
- 40 upper division credits (A minimum of 15 taken at the 300-400 course levels within the major at CMU).
- 2.00 cumulative GPA or higher in all CMU coursework
- 2.00 cumulative GPA or higher in coursework toward the major content area
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- A student must follow the CMU graduation requirements either from 1) the program sheet for the major in effect at the time the student officially declares a major; or 2) a program sheet for the major approved for a year subsequent to the year during which the student officially declares the major and is approved for the student by the department head. Because a program may have requirements specific to the degree, the student should check with the faculty advisor for additional criteria. It is the student's responsibility to be aware of, and follow, all requirements for the degree being pursued. Any exceptions or substitutions must be approved by the student's faculty advisor and Department Head.
- When filling out the program sheet a course can be used only once.
- Essential Learning Capstone should be completed between 45 and 75 hours.
- See the "Undergraduate Graduation Requirements" in the catalog for additional graduation information.

ESSENTIAL LEARNING REQUIREMENTS (31 semester hours):

See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning requirement.

Course No Title Sem.hrs Grade Term/Trns

English (6 semester hours, must receive a grade of "C" or better and must be completed by the time the student has 60 semester hours.)
 ENGL 111 English Composition 3 _____
 ENGL 112 English Composition 3 _____

Math MATH 110 or higher (3 semester hours, must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.)
 MATH 1 _____

Humanities (3 semester hours)

Social and Behavioral Sciences (6 semester hours)

Natural Sciences (7 semester hours, one course must include a lab)

 _____ L _____

History (3 semester hours)
 HIST _____

Fine Arts (3 semester hours)

Course No Title Sem.hrs Grade Term/Trns

WELLNESS REQUIREMENT (3 semester hours)
 KINE 100 Health and Wellness 1 _____
 KINA 1 _____ 1 _____
 KINA 1 _____ 1 _____

ESSENTIAL LEARNING CAPSTONE (4 semester hours)
 ESSL 290 Maverick Milestone (see English & math pre-reqs) 3 _____
 ESSL 200 Essential Speech (co-requisite) 1 _____

FOUNDATION COURSES (10-13 semester hours)
 BIOL 203 Human Nutrition 3 _____
 BIOL 209 Human Anat and Physiology 3 _____
 BIOL 209L Human Anat & Physiology Lab 1 _____
 KINE 234 Prevention and Care of Athletic Injuries 3 _____

Student must have current First Aid/CPR or take one of the following:
 Current CPR Card? Yes / No (If yes, provide a copy of the card.)
 Or take one of the following: KINE 265 or KINE 250
 KINE _____ 3 _____

KINESIOLOGY MAJOR – FITNESS & HEALTH PROMOTION CONCENTRATION REQUIREMENTS (52-53 semester hours)

Required Core Courses (17 semester hours)
 KINE 200 History & Philosophy of Sport & Physical Education 3 _____
 KINE 213 Applications of Physical Fitness and Exercise Prescription 3 _____
 KINE 303 Exercise Physiology 3 _____
 KINE 303L Exercise Physiology Lab 1 _____
 KINE 309 Anatomical Kinesiology 3 _____
 KINE 401 Org/Ad/Legal Considerations of PE and Sports 3 _____
 KINE 494 Senior Seminar (Capstone) 1 _____

Required Concentration Courses (35-36 Semester Hours)
 KINE 297 Practicum 2 _____
 KINE 301 Health and Fitness Assessment 3 _____
 KINE 310 Methods of Exercise Instruction 3 _____
 KINE 333 Community Health 3 _____
 KINE 405 Sports Nutrition 3 _____
 KINE 411 Worksite Health Promotion 3 _____
 KINE 415 Physical Activity & Aging 3 _____
 KINE 480 Inclusive Physical Activity 3 _____
 KINE 499 Internship 6 _____

Course No Title Sem.hrs Grade Term/Trns

Select two courses from the list below Courses with a lecture and lab are counted as one course. (6-7 Semester Hours)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

RESTRICTED ELECTIVES:

- BIOL 315 Epidemiology
- KINE 370 & 370L Biomechanics (3) / Lab (1)
- KINE 403 Advanced Strength and Conditioning (3)
- KINE 404 Clinical Exercise Physiology and Advanced Exercise Prescription (3)
- KINE 430 Medical Conditions and Pharmacology in Sports (3)
- KINE 487 Structured Research (3)
- KINE 396 or KINE 496 Topics (3)
- PSYC 401 Sport Psychology (3)

Course No Title Sem.hrs Grade Term/Trns

Electives (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours.) (18-20) semester hours.)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – FITNESS AND HEALTH PROMOTION

This is a recommended sequence of course work. Certain courses may have prerequisites or are only offered during the Fall or Spring semesters. It is the student's responsibility to meet with the assigned advisor and check the 2 year course matrix on the Colorado Mesa website for course availability.

FRESHMAN YEAR

Fall Semester	Hours	Spring Semester	Hours
ENGL 111	3	ENGL 112	3
KINE 100	1	KINE 213	3
KINE 200	3	MATH 110 or higher	3
Essential Learning	3	Essential Learning	3
Essential Learning	3	BIOL 209	3
Essential Learning	3	BIOL 209L	1
	16		16

SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234	3	Essential Learning	3
*KINE 265	3	BIOL 203	3
	3	KINA XXX	1
OR		KINE 297	2
*KINE 250	3	ESSL 290	3
Essential Learning	4	ESSL 200	1
Essential Learning	3	Electives	3
Electives	3		16
	13-16		

*KINE 250 OR KINE 265 - If no current First Aid/CPR Certification

JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 301	3	KINE 310	3
KINE 303	3	KINE 415	3
KINE 303L	1	KINE Option OR ELECTIVES	3-4
KINE 309	3	Electives or Minor	3
KINE 333	3	KINE 411	3
KINA XXX	1		15-16
Electives or Minor (if needed)	2		
	16		

SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 401	3	KINE 494	1
KINE 405	3	KINE	3-4
KINE 480	3	KINE 499	6
Electives	3-4	Elective or Minor (if needed)	4-6
	12-13		12-17

POLICIES:

1. Please see the catalog for a complete list of graduation requirements.
2. This program sheet must be submitted with your graduation planning sheet to your advisor during the **semester prior to the semester of graduation, no later than October 1 for spring graduates, no later than March 1 for fall graduates.** You must turn in your "Intent to Graduate" form to the Registrar's Office **by September 15 if you plan to graduate the following May, and by February 15 if you plan to graduate the following December.**
3. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature. Finally, the Department Head will submit the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
4. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.
5. NOTE: During your senior year, you will be required to take a capstone exit assessment/project (e.g., Major Field Achievement Test).