



**2016-2017 PETITION/PROGRAM SHEET**  
**Degree: Bachelor of Arts**  
**Major: Kinesiology**  
**Concentration: Adapted Physical Education**

**About This Major . . .**

Students who select this major will learn to adapt or modify the physical education curriculum and/or instruction to address specific abilities of individuals. Students will learn to develop activities that are appropriate and effective for persons with disabilities. Career opportunities include: adapted physical education teacher (K-12) which requires completing the K-12 concentration coursework; activity director at an assisted living center or rehabilitation facility; physical therapist\*; occupational therapist\*. Colorado Mesa students frequently continue their study towards graduate or professional degrees at other universities. For more information on what you can do with this major, go to <http://www.coloradomesa.edu/career/whatmajor.html>.

\*Career requires additional post-baccalaureate studies.

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. Describe physiological and biomechanical concepts related to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)
2. Apply motor development theory and principles related to skillful movement, physical activity, and fitness. (Communication Fluency, Specialized Knowledge)
3. Identify the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
4. Develop developmentally appropriate learning experiences that address the diverse needs of all individuals. (Applied Learning)
5. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative 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
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- When filling out the program sheet a course can be used only once.
- 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.
- Essential Learning Capstone should be completed between 45 and 75 hours.
- See "Requirements for Undergraduate Degrees and Certificates" 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)  
 (Suggested – PSYC 150 –General Psychology)  
 \_\_\_\_\_

**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
<b>WELLNESS REQUIREMENT</b> (3 semester hours)				
KINE 100	Health and Wellness	1	_____	_____
KINA 1	_____	1	_____	_____
KINA 1	_____	1	_____	_____

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

<b>FOUNDATION COURSES</b> (7-10 semester hours)				
BIOL 209	Human Anatomy and Physiology	3	_____	_____
BIOL 209L	Human Anatomy and 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 – ADAPTED PHYSICAL EDUCATION CONCENTRATION REQUIREMENTS**  
 (53 semester hours)

<b>Required Core Courses</b> (17 semester hours)				
KINE 200	History & Philosophy of Sport & Physical Education	3	_____	_____
KINE 213	Applications of Physical Fitness & 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	_____	_____

<b>Required Concentration Courses</b> (36 semester hours)				
PSYC 340	Abnormal Psychology	3	_____	_____
KINE 211	Methods of Lifetime, Individual & Dual Activities	3	_____	_____
KINE 251	Water Safety Instructor	3	_____	_____
KINE 301	Health and Fitness Assessment	3	_____	_____
KINE 360	Motor Learning	3	_____	_____
KINE 410	Rehabilitative Exercises	3	_____	_____
KINE 415	Physical Activity& Aging	3	_____	_____
KINE 480	Inclusive Physical Activity	3	_____	_____
KINE 499	Internship	6	_____	_____

**Two courses selected from FLSL 111, FLSL 112, KINE 333 PSYC 233, PSYC 310, PSYC 330, PSYC 350**  
 \_\_\_\_\_ 3 \_\_\_\_\_  
 \_\_\_\_\_ 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 hours to 120 hours.) 19-22 hours. Depending on the courses taken to satisfy the concentration requirement - Up to 5 hours of upper division electives may be required.

Course No	Title	Sem.hrs	Grade	Term/Trns
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Course No Title Sem.hrsGrade Term/Trns

Course No	Title	Sem.hrs	Grade	Term/Trns
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – ADAPTED PHYSICAL EDUCATION

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

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
ENGL 111	English Composition	3	ENGL 112	English Composition	3
KINE 100	Health and Wellness	1	BIOL 209	Human Anatomy and Physiology	3
KINE 200	History and Phil. of Sport & PE	3	BIOL 209L	Human Anatomy and Physiology Lab	1
Essential Learning	Fine Arts	3	KINE 213	Appl. of Phys. Fitness and Ex. Presc.	3
Essential Learning	Natural Science	3	MATH 110 or higher		3
Essential Learning	Humanities	<u>3</u>	Essential Learning	Social/Beh Science	<u>3</u>
		16			16

### SOPHOMORE YEAR

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
KINA XXX	Activity Course	1	Essential Learning	History	3
KINE 211	Methods of Lifetime, Individual & Dual Activities	3	ESSL 200	Essential Speech	1
KINE 234	Prevention and Care of Ath Inj	3	ESSL 290	Maverick Milestone	3
Essential Learning	Natural Science with Lab	4	KINA	Activity Course	1
Essential Learning	Social/Behavioral Science (Suggested PSYC 150)	3	KINE 251	Water Safety Instructor Course	3
Electives		<u>3</u>	*KINE 250	Lifeguard Training OR	
		17	*KINE 265	First Aid & CPR/AED for the Health Care Provider	3
			Electives		<u>3</u>
					14-17

\*First Aid/CPR Certification required.

### JUNIOR YEAR

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
KINE 309	Anatomical Kinesiology	3	KINE 301	Health and Fitness Assessment	3
KINE 360	Motor Learning	3	KINE 410	Rehabilitative Exercises	3
KINE 303	Exercise Physiology	3	KINE 415	Physical Activity and Aging	3
KINE 303L	Exercise Physiology Lab	1	KINE 480	Inclusive Physical Activity	3
Electives or Minor		<u>6</u>	Electives		<u>3</u>
		16			15

### SENIOR YEAR

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
PSYC 340	Abnormal Psychology	3	KINE 494	Senior Seminar	1
KINE 401	Org/Ad/Legal	3	KINE 499	Internship	6
FLSL, PSYC or KINE option		3	FLSL, PSYC or KINE option		3
Elective or Minor		<u>3</u>	Electives (if needed)		<u>4</u>
		12			14

#### 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).