



2016-2017 PETITION/PROGRAM SHEET

Degree: Bachelor of Arts

Major: Kinesiology

Concentration: K-12 Teaching

About This Major . . .

Students will be prepared to teach elementary, middle, and high school physical education. The degree plan includes coursework covering human anatomy and physiology, team and individual sports, exercise science, and teaching methods courses. Students will gradually accumulate over 200 hours of classroom experience before beginning student teaching. School districts throughout Western Colorado provide opportunities to gain experience with children of all ages and backgrounds in a variety of school settings.

Before being admitted into the Teacher Education program, the following courses must be completed with a grade of B or better: ENGL 111, ENGL 112, PSYC 233, EDUC 115, and EDUC 215. (English honors may be substituted for ENGL 111 and 112.) A grade of C or better is required for MATH 110. Also, a minimum cumulative GPA of 2.8 (including transfer and CMU coursework) is required of all students for admission into the program.

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. Apply scientific concepts that relate to the development of physically educated individuals. (Critical Thinking)
2. Consistently display competent motor skills and fitness levels. (Applied Learning)
3. Plan and teach developmentally appropriate standard based lesson plans. (Specialized Knowledge)
4. Demonstrate teaching skills and strategies that improve learning for all student abilities. (Communication Fluency)
5. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative Fluency)
6. Demonstrate appropriate attitudes and values (dispositions) that are essential to teachers. (Applied Learning)
7. Instruct K-12 students based on self-written learning plans to address individual learning and developmental patterns. (Specialized Knowledge)
8. Design a safe and supportive learning environment for elementary and secondary education students. (Applied Learning)
9. Apply content knowledge while working with learners to access information in real world settings assuring learner mastery of the content. (Specialized Knowledge)
10. Integrate assessment, planning, and instructional strategies in coordinated and engaging ways through multiple means of communication. (Critical Thinking/ Communication Fluency)
11. Engage in meaningful and intensive professional learning and self-renewal by regularly examining practice through ongoing study, self-reflection, and collaboration. (Applied Learning)

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 Content 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.
- 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.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for additional graduation information.

**ADDITIONAL K-12 LICENSURE REQUIREMENTS:**

- 2.80 cumulative GPA or higher in all CMU coursework
- 2.80 cumulative GPA or higher in coursework toward the major content area
- All EDUC prefix courses must be completed with a grade of B or better
- Students must PASS the PLACE exam in the content area prior to commencing the internship. Also, ALL other coursework toward the degree must be successfully completed prior to the internship.

**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
<b>English</b> (6 semester hours, must receive a grade of "B" 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)**

PSYC233 Human Growth & Development 3 \_\_\_\_\_

(must receive a grade of "B" or better)

**Natural Sciences (7 semester hours, one course must include alab)**

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**History (3 semester hours)**

HIST \_\_\_\_\_

Course No	Title	Sem.hrs	Grade	Term
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**Fine Arts (3 semester hours)**

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**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(4-7 semester hours)**

BIOL 209	Human Anatomy and Physiology	3	_____	_____
BIOL 209L	Human Anatomy and Physiology Lab	1	_____	_____

**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 – LEADING TO K-12 CONCENTRATION & LICENSURE REQUIREMENTS (51-53 semester hours)**

**Required Core Courses (17 semester hours)**

KINE 200	Hist. & 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	_____	_____

**Required Concentration Courses (34-36 Semester Hours)**

KINE 211	Methods of Lifetime, Individual & Dual Activities	3	_____	_____
KINE 214	Methods of Team Activities	3	_____	_____
KINE 234	Prevention & Care of Athletic Injuries	3	_____	_____
KINE 256	Methods of Creative Play, Dance, Gymnastics, and Literacy	3	_____	_____
KINE 260	School Health Education	3	_____	_____
KINE 301	Health and Fitness Assessment	3	_____	_____
KINE 320	Methods of Teaching Elementary PE	3	_____	_____



**SUGGESTED COURSE SEQUENCING FOR A MAJOR IN  
KINESIOLOGY – LEADING TO K-12 TEACHER LICENSURE**

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	KINE 213	Appl. Phys. Fit & Exercise Prescription	3
KINE 200	Hist./Phil. Human Performance	3	BIOL 209	Human Anatomy and Physiology	3
Essential Learning	History	3	BIOL 209L	Human Anatomy and Physiology Lab	1
Essential Learning	Natural Science	3	Math 110 or higher	Math Requirement	3
Essential Learning	Fine Arts	<u>3</u>	Essential Learning	Humanities	3
		16	EDUC 115*	What It Means to be a Teacher	<u>1</u>
					17

**SOPHOMORE YEAR**

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
KINE 211	Methods of Lifetime, Individual & Dual Activities	3	Essential Learning 290	Maverick Milestone	3
Essential Learning	Social/Behavioral Science	3	Essential Learning 200	Essential Speech (co-requisite)	1
Essential Learning	Natural Science with lab	4	EDUC 215*	Teaching as a Profession	1
PSYC 233	Human Growth and Development	3	KINA	Activity	1
KINE 234	Prevention/Care of Athletic Injuries	<u>3</u>	KINE 214	Methods of Team Activities	3
		16	KINE 256	Methods of Creative Play, Dance, Gymnastics, and Literacy	3
			KINE 250	Lifeguard Training **OR**	
			KINE 265	First Aid and CPR/AED for the Health Care Provider	3
			Electives (if needed)		<u>1</u>
					13-16

\*Must be taken prior to acceptance into the Teacher Education Program. Offered in summer, fall and spring semesters.

**JUNIOR YEAR**

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
KINE 309	Anatomical Kinesiology	3	KINE 260	School Health Education	3
KINE 360	Motor Learning	3	KINE 303	Exercise Physiology AND	3
KINE 408	Methods Teaching Secondary	3	KINE 303L	Exercise Physiology Lab	1
KINE 480	Inclusive Physical Activity	3	KINE 320	Elementary School P.E.	3
KINE 301	Health and Fitness Assessment	<u>3</u>	KINA	Activity	1
		15	KINE 251	Water Safety Instructor **OR**	3
			KINA 101	Beginning Swimming **OR**	1
			KINA 102	Intermediate Swimming	1
			Electives (if needed)		<u>3</u>
					12-17

**SENIOR YEAR**

<b>Fall Semester</b>		<b>Hours</b>	<b>Spring Semester</b>		<b>Hours</b>
KINE 401	Org/Ad/Legal Consid in PE	3	EDUC 499D	Teaching Internship/Colloq.:Elementary	6
KINE 494	Senior Seminar	1	EDUC 499H	Teaching Internship/Colloq.:Secondary	<u>6</u>
EDUC 342	Ped And Assess: Sec & K-12	3			12
EDUC 343	Teaching to Diversity	3			
KINE 497	Pre-Internship	3			
Electives (if needed)		<u>3</u>			
		13-16			