2017-2018 PROGRAM REQUIREMENTS
Degree: Bachelor of Science
Major: Exercise Science

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 begin studies with science courses such as physics, general chemistry, and human anatomy & physiology. Continued studies will include courses such as: exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, medical conditions and pharmacology, and sports nutrition, among other subject areas. This major is designed to prepare students for graduate programs such as: physical therapy, physician's assistant, occupational therapy, and exercise physiology.

Colorado Mesa students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, physical therapy, 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 the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
4. Describe procedures and/or statistical analyses for physiological assessments. (Quantitative Fluency)
5. Apply biomechanical principles to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)
6. Demonstrate the ability to clearly communicate specialized knowledge. (Communication Fluency)

Advising Process and DegreeWorks
This document is intended for informational purposes to help determine what courses and associated requirements are needed to earn a degree. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended degree(s).

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a degree and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process
Students must complete the following in the first two months of the semester prior to completing their degree requirements:

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at http://www.coloradomesa.edu/registrar/graduation.html.

If a student's petition for graduation is denied, it will be her/his responsibility to consult the Registrar's Office regarding next steps.

INSTITUTIONAL DEGREE REQUIREMENTS

The following institutional degree requirements apply to all CMU baccalaureate degrees. Specific programs may have different requirements that must be met in addition to institutional requirements.

- 120 semester hours minimum.
- 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 (alternative credit limit applies to the Bachelor of Applied Science degree).
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- No more than six semester hours of independent study courses can be used toward the degree.
- Non-traditional credit, such as advanced placement, credit by examination, credit for prior learning, cooperative education and internships, cannot exceed 30 semester credit hours for a baccalaureate degree; A maximum of 15 of the 30 credits may be for cooperative education, internships, and practica.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Degree Requirements.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

PROGRAM-SPECIFIC DEGREE REQUIREMENTS

- 2.0 cumulative GPA or higher in coursework toward the major content area.
- Must pass all courses in the major content area with a grade of "C" or higher.
- Graduate or Professional Schools in Exercise Science and Professional Schools in Medicine (MD), Physical Therapy (PT), Occupational Therapy (OT), Physician Assistant (PA), and Chiropractic programs often have their own unique prerequisites that are not part of the Exercise Science major requirements. For example, two semesters of General Physics are required for most MD, PT, and Chiropractic programs. Because prerequisites vary significantly from school to school, students need to check specific requirements for schools where they are planning to apply for admission.

General Recommendations for graduate programs:

Exercise Physiology:
BIOL 409, 409L Gross and Developmental Human Anatomy
CHEM 311, 311L, 312, 312L Organic Chemistry
KINE 487 Structured Research

Biomechanics:
BIOL 409, 409L Gross and Developmental Human Anatomy
PHYS 111, 111L, 112, 112L General Physics
MATH 151 Calculus I
KINE 487 Structured Research
General Recommendations for Graduate Professional Programs:

Medicine:
CHEM 311, 311L, 312, 312L Organic Chemistry
PHYS 111, 111L, 112, 112L General Physics
MATH 151 Calculus I
SOCO 260 General Sociology

Physician's Assistant:
BIOL 341, 341L General Physiology and BIOL 409, 409L Gross and Developmental Human Anatomy
OR
BIOL 209, 209L Human Anatomy and Physiology and BIOL 210, 210L Human Anatomy and Physiology II
CHEM 311, 311L, 312, 312L Organic Chemistry
KINE 499 Internship
Upper level lab-based Biology courses
Additional Psychology course

Physical Therapy:
BIOL 341, 341L General Physiology and BIOL 409, 409L Gross and Developmental Human Anatomy
OR
BIOL 209, 209L Human Anatomy and Physiology and BIOL 210, 210L Human Anatomy and Physiology II
PHYS 111, 111L, 112, 112L General Physics
PSYC 233 Human Growth and Development
PSYC 310 Child Psychology or PSYC 340 Abnormal Psychology
KINE 499 Internship

Occupational Therapy:
BIOL 409, 409L Gross and Developmental Human Anatomy
PHYS 111, 111L General Physics
PSYC 233 Human Growth and Development
PSYC 340 Abnormal Psychology
KINE 499 Internship
Sociology and/or Anthropology courses
Medical Terminology

Chiropractic:
CHEM 311, 311L, 312, 312L Organic Chemistry
PHYS 111, 111L, 112, 112L General Physics
Social Science and Humanities courses

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.

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)

Mathematics (3 semester hours, must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.)

- ☐ MATH 113 - College Algebra (4) or higher
  3 credits apply to the Essential Learning requirements and 1 credit applies to elective credit.

Humanities (3 semester hours)

- ☐ Select one Humanities course (3)

Social and Behavioral Sciences (6 semester hours. PSYC 233 suggested.)

- ☐ Select one Social and Behavioral Sciences course (3)
- ☐ Select one Social and Behavioral Sciences course (3)

Natural Sciences (7 semester hours, one course must include a lab. PHYS 111/PHYS 111L, PHYS 112/PHYS 112L suggested.)

- ☐ Select one Natural Sciences course (3)
- ☐ Select one Natural Sciences course with a lab (4)

History (3 semester hours)

- ☐ Select one History course (3)

Fine Arts (3 semester hours)

- ☐ Select one Fine Arts course (3)

OTHER LOWER-DIVISION REQUIREMENTS

Wellness Requirement (3 semester hours)

- ☐ KINE 100 - Health and Wellness (1)
- ☐ Select one Activity course (1)*
- ☐ Select one Activity course (1)

*KINA 128 – Intermediate Weight Training suggested because it is a prerequisite for KINE 403.

Essential Learning Capstone (4 semester hours)
Essential Learning Capstone must be taken after completion of the Essential Learning English and Mathematics requirements, and when a student has earned between 45 and 75 hours.

- ☐ ESSL 290 - Maverick Milestone (3)
- ☐ ESSL 200 - Essential Speech (1)

FOUNDATION COURSES (17-20 semester hours)

- ☐ STAT 200 - Probability and Statistics (3)
- ☐ BIOL 209 - Human Anatomy and Physiology I (3)
- ☐ BIOL 209L - Human Anatomy and Physiology I Laboratory (1)
- ☐ CHEM 131 - General Chemistry I (4)
- ☐ CHEM 131L - General Chemistry I Laboratory (1)
- ☐ CHEM 132 - General Chemistry II (4)
- ☐ CHEM 132L - General Chemistry II Laboratory (1)
- ☐ KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)
  (or current CPR card)

BS, EXERCISE SCIENCE REQUIREMENTS (48-54 semester hours, must pass all courses with a grade of "C" or higher.)

Required Core Courses (36 semester hours)

- ☐ KINE 200 - History and Philosophy of Sport and Physical Education (3)
- ☐ KINE 213 - Applications of Physical Fitness and Exercise Prescription (3)
- ☐ KINE 234 - Prevention and Care of Athletic Injuries (3)
- ☐ KINE 301 - Health and Fitness Assessment (3)
- ☐ KINE 303 - Physiology of Exercise (3)
- ☐ KINE 303L - Physiology of Exercise Laboratory (1)
- ☐ KINE 309 - Anatomical Kinesiology (3)
- ☐ KINE 370 - Biomechanics (3)
- ☐ KINE 370L - Biomechanics Laboratory (1)
- ☐ One of the following courses:
  KINE 403 - Advanced Strength and Conditioning (3)
  KINE 404 - Clinical Exercise Physiology and Advanced Exercise Prescription (3)
- ☐ KINE 405 - Sports Nutrition (3)
- ☐ KINE 415 - Physical Activity and Aging (3)
- ☐ KINE 494 - Kinesiology Senior Seminar (1)
- ☐ KINE 499 - Internship (3)

Restricted Electives (12-18 semester hours)

Select four courses from the list below. Courses listed with a lecture and a lab are counted as one course.

BIOL 210 - Human Anatomy and Physiology II (3) with BIOL 210L - Human Anatomy and Physiology II Laboratory (1)
BIOL 241 - Pathophysiology (4)
BIOL 301 - Principles of Genetics (3) with BIOL 301L - Principles of Genetics Laboratory (1)
BIOL 341 - General Physiology (3) with BIOL 341L - General Physiology Laboratory (1)
BIOL 409 - Gross and Developmental Anatomy (2) with BIOL 409L - Gross and Developmental Anatomy Laboratory (2)
CHEM 311 - Organic Chemistry I (4) with CHEM 311L - Organic Chemistry I Laboratory (1)
CHEM 312 - Organic Chemistry II (4) with CHEM 312L - Organic Chemistry II Laboratory (1)
CHEM 315 - Biochemistry (3) with CHEM 315L - Biochemistry Laboratory (1)
KINE 401 - Organization/Administration/Legal Considerations in Physical Education and Sport (3)
KINE 403 - Advanced Strength and Conditioning (3)*
KINE 404 - Clinical Exercise Physiology and Advanced Exercise Prescription (3)*
KINE 410 - Rehabilitative Exercises (3)
KINE 420 - Therapeutic Modalities (3)
KINE 487 - Structured Research (1-3)
PSYC 340 - Abnormal Psychology (3)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

*Do not double count KINE 403/404 from the list of major requirements.

ELECTIVES (All college level courses appearing on your final transcript, not listed above that will bring your total hours to 120 hours. 8-17 semester hours. If you choose 200-level courses for the Restricted Electives above, make sure you choose 300 and above courses for electives to ensure having 40 hours of upper division courses for graduation.)

- ☐ MATH 113 - College Algebra (1)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SUGGESTED COURSE SEQUENCING

Freshman Year, Fall Semester: 16 credits

- ENGL 111 - English Composition (3)
- KINE 100 - Health and Wellness (1)
- KINE 200 - History and Philosophy of Sport and Physical Education (3)
- KINA Activity (1)
- Essential Learning - Natural Science with Lab (4)
- MATH 113 - College Algebra (4)

Freshman Year, Spring Semester: 15 credits

- ENGL 112 - English Composition (3)
- KINE 213 - Applications of Physical Fitness and Exercise Prescription (3)
- Essential Learning - Social and Behavioral Science (3)
- Essential Learning - History (3)
- Essential Learning - Natural Science (3)

Sophomore Year, Fall Semester: 15 credits

- KINE 234 - Prevention and Care of Athletic Injuries (3)
- STAT 200 - Probability and Statistics (3)
- BIOL 209 - Human Anatomy and Physiology I (3) and BIOL 209L - Human Anatomy and Physiology I Laboratory (1)
- CHEM 131 - General Chemistry I (4) and CHEM 131L - General Chemistry I Laboratory (1)

Sophomore Year, Spring Semester: 17 credits

- Essential Learning - Social and Behavioral Science (3)
- Essential Learning - Humanities (3)
- Essential Learning - Fine Arts (3)
- KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)
- CHEM 132 - General Chemistry II (4) and CHEM 132L - General Chemistry II Laboratory (1)

Junior Year, Fall Semester: 14-16 credits

- ESSL 290 - Maverick Milestone (3)
- ESSL 200 - Essential Speech (1)
- KINE 303 - Physiology of Exercise (3) and KINE 303L - Physiology of Exercise Laboratory (1)
- KINE 309 - Anatomical Kinesiology (3)
- Restricted Elective (3-5)

Junior Year, Spring Semester: 14-16 credits

- KINE 415 - Physical Activity and Aging (3)
- KINE 301 - Health and Fitness Assessment (3)
- KINE 370 - Biomechanics (3) and KINE 370L - Biomechanics Laboratory (1)
- KINA Activity (1)
- Restricted Elective (3-5)

Senior Year, Fall Semester: 12-14 credits

- KINE 403 - Advanced Strength and Conditioning (3) or KINE 404 - Clinical Exercise Physiology/Exercise Prescription (3)
- KINE 405 - Sports Nutrition (3)
- Restricted Elective (3-5)
- Elective (3) (if needed)

Senior Year, Spring Semester: 13-15 credits

- KINE 499 - Internship (3)
- Restricted Elective (3-5)
- KINE 494 - Kinesiology Senior Seminar (1)
- Electives (2 courses) (6)