



2015-2016 PETITION/PROGRAM SHEET

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)

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

KINE 401 Organization/Admin/Legal Considerations in PE & Sports (3)
 KINE 403 Advanced Strength and Conditioning* (3)
 KINE 404 Clinical Exer Phys & Adv Exer Prescriptions* (3)
 KINE 410 Rehabilitative Exercises (3)
 KINE 420 Therapeutic Modalities (3)
 KINE 487 Structured Research (1-3)

PSYC 340 Abnormal Psychology (3)

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

Restricted Electives (12-15 semester hours):

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

Electives (11-18 semester hours) All college level courses appearing on your final transcript, not listed above that will bring your total semester hours to 120 hours)

*MATH 113	College Algebra	1	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Graduate or Professional Schools in Exercise Science and Professional Schools in Medicine (MD) Physical Therapy (PT), Occupational Therapy (OT), and 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 Exercise Science Masters 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 301, 301L Principles of Genetics
 CHEM 311, 311L, 312, 312L Organic Chemistry
 KINE 499 Internship
 Lab-based Biology course
 Additional Psychology course
 Various Humanities courses
 Physical Therapy:
 BIOL 341, 341 L General Physiology BIOL 409, 409L Gross and Developmental Human Anatomy
 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

SUGGESTED COURSE SEQUENCING FOR A MAJOR IN EXERCISE SCIENCE

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 English Composition	3	ENGL 112 English Composition	3
KINE 100 Health and Wellness	1	KINE 213 Appl of Phys Fitness and Ex Presc	3
KINE 200 History and Phil of Sport and PE	3	Essential Learning Soc & Beh Science	
KINA 1XX Activity	1	**OR**	
PHYS 111 Gen Physics and	4	PSYC 233 Human Growth and Development	3
PHYS 111L Gen Physics Lab	1	Essential Learning History	3
OR Essential Learning Natural Science with Lab	4	PHYS 112 Gen Physics and	4
MATH 113 College Algebra	4	PHYS 112L Gen Physics Lab	1
	16-17	OR Essential Learning Nat. Science	3
			15-17

SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234 Prevention & Care of Ath Injuries	3	Essential Learning Soc & Beh Science	3
BIOL 209 Human Anatomy	3	Essential Learning Humanities	3
BIOL 209L Human Anatomy Lab	1	Essential Learning Fine Arts	3
STAT 200 Probability and Statistics	3	KINE 265 First Aid & CPR/AED for the	
CHEM 131 General Chemistry	4	Health Care Provider OR	
CHEM 131L General Chemistry Lab	1	Current Card	3
	15	CHEM 132 General Chemistry	4
		CHEM 132L General Chemistry Lab	1
			14-17

JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 303 Exercise Physiology	3	KINE 415 Physical Activity & Aging	3
KINE 303L Exercise Physiology Lab	1	KINE 301 Hlth & Fitness Assessment	3
KINE 309 Anatomical Kinesiology	3	KINE 370 Biomechanics	3
Restricted Elective Choice	3-5	KINE 370L Biomechanics Lab	1
ESSL 290 Maverick Milestone	3	KINA XXX Activity	1
ESSL 200 Speech	1	Restricted Elective Choice	3-5
	14-16		14-16

SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 403 Advanced Strength & Cond	3	KINE 404 Clinical Ex Phys and Adv Ex Prescript	3
(If not planning on taking KINE 404)		(If not planning on taking KINE 403)	
KINE 405 Sports Nutrition	3	KINE 487 Structured Research	3
Restricted Elective Choice	3-5	KINE 494 Senior Seminar	1
Electives (if needed)	6	KINE 499 Internship	3
	15-17	Restricted Elective Choice	3-5
		Electives (if needed)	3
			16-18

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).