

# Bachelors of Arts in Kinesiology Concentrations

## ADAPTED PHYSICAL EDUCATION

Students who select this concentration will learn to adapt or modify the physical education curriculum and instruction to address the specific abilities of individuals. Students will learn to develop activities that are appropriate and effective for persons with disabilities. Students will participate in Adapted Physical Education related field experiences.

### **Career Opportunities\*:**

- Adapted Physical Education Teacher, (K-12). This requires completing the K-12 concentration coursework
- Activity Director at an Assisted Living Center or Rehabilitation Facility
- Physical Therapist
- Occupational Therapist

## FITNESS and HEALTH PROMOTION

Students enrolled in this concentration should have a strong interest in the fields of fitness and health promotion. Students will explore the anatomy and physiology of exercise, community health, physical activity and aging, health promotion at the worksite, and sport nutrition, among other subject areas.

Colorado Mesa University students frequently continue their studies in graduate programs at universities widely recognized as top programs in health promotion, public health, and strength and conditioning.

### **Career Opportunities\*:**

- Sport 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
- Personal Trainer



## K-12 EDUCATION

In this concentration the student prepares to become a K-12 Physical Education teacher. Students enrolled in this degree program also should be enrolled in the teacher licensure program which offers a program of study that leads to a K-12 licensure in Colorado. Students who select this major will accumulate over 200 hours of classroom experience before beginning their student internship. The program follows the NASPE (National Association for Sport and Physical Education) National Standards and Guidelines for Physical Education Teacher Education.

### **Career Opportunities\*:**

- Physical Education Teacher (K-12)
- Coach
- Athletic Director

# Bachelor of Science Degrees

## ATHLETIC TRAINING

The Colorado Mesa University Athletic Training Program is fully accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The 2.5 year clinical program requires five semesters of on-site clinical experiences. These hours are typically completed during a student's last 5 semesters on campus. Students must complete 20 hours per week of clinical experiences working with CMU athletic teams and at nearby off-campus affiliated sites. Sites include high schools, outpatient physical therapy clinics, emergency rooms, general medicine and orthopedic physician offices.



### **Career Opportunities\*:**

- High Schools
- Colleges and Universities
- Orthopedic Clinics
- Professional Sports
- Physical Therapy Clinics
- Various Wellness Programs

## EXERCISE SCIENCE

Students choosing the Exercise Science degree 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 and physiology. Continued studies will include courses such as exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, clinical exercise physiology and advanced exercise prescription, and sport nutrition. This major prepares students for graduate school in exercise science, physical therapy, and occupational therapy.



### **Career Opportunities\*:**

- Physical Therapist
- Physician Assistant
- Occupational Therapist
- Exercise Physiologist
- Cardiac Rehabilitation Specialist

## SPORT MANAGEMENT

The discipline of sport management includes the planning, organizing, leading, and evaluating within the context of a sport organization. The program provides the theoretical and practical framework for a number of professions that focus on leadership roles, including the following: youth, amateur, and professional sports; recreational, college and university sports programs; and the marketing and management of all sport and fitness-related goods. Students will develop into competent leaders for the various professions that focus on sport and fitness. This major prepares students for graduate school in sport management or business administration.



### **Career Opportunities\*:**

- College and professional sport or athletic organizations
- Community recreation
- Sports facility management
- Public relations and marketing for college and professional sporting organizations

\*Careers may require additional post-baccalaureate studies

## Monfort Family Human Performance Lab

The Monfort Family Human Performance Laboratory is one of the most technologically advanced facilities for applied physiological and biomechanical research in the intermountain west. The lab offers a myriad of services for community members, athletes, students, and faculty. It provides Colorado Mesa University the opportunity to positively impact the health and athletic performance of the residents in the region. This integrative, multi-use human performance laboratory fills a need in the community by providing advanced physiological, biomechanical, performance, and wellness testing.

Contact the Monfort Family Human Performance Lab  
ph: 970.248.1935



The Department of Kinesiology is housed in the Maverick Center, which includes classrooms, laboratories and the state-of-the-art Monfort Family Human Performance Laboratory.



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## Department of Kinesiology



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### BACHELOR OF ARTS - KINESIOLOGY

Concentration Choices:

**ADAPTED PHYSICAL EDUCATION  
FITNESS and HEALTH PROMOTION  
K-12 EDUCATION**

### BACHELOR OF SCIENCE

**Majors:  
ATHLETIC TRAINING  
EXERCISE SCIENCE  
SPORT MANAGEMENT**

**ASSOCIATE OF SCIENCE  
SPORT MANAGEMENT**

### MINORS

**PERSONAL TRAINING  
SPORT MANAGEMENT**

**PROFESSIONAL CERTIFICATE  
PERSONAL TRAINING**

**DEPARTMENT OF KINESIOLOGY**  
[coloradomesa.edu/kinesiology](http://coloradomesa.edu/kinesiology)