



2005 – 06 PETITION/PROGRAM SHEET
Degree: Bachelor of Arts
Major: Human Performance and Wellness
Concentration: Adapted Physical Education
www.mesastate.edu/schools/sbps/hpw/adaptphysed.htm

About This Major . . .

The BA in Human Performance and Wellness offers five concentrations: adapted physical education; athletic training; exercise science; K-12 teaching; and sport and fitness management. The major is designed for students interested in these areas as well as preparation for graduate or professional schools. Typical career paths include athletic directors, teachers, coaches, pre-physical therapy, pre-occupational therapy, sport managers, and fitness center workers.

Mesa State 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, public health, sport management, athletic training, and sport psychology. These include the Universities of Utah, New Mexico, Brigham Young, California State-Chico, Colorado State, Middle Tennessee State, CU-Denver, Regis, Illinois, Louisville, Wichita State, Florida State, St. Augustine, Wyoming, and Northern Colorado.

POLICIES:

1. It is your responsibility to determine whether you have met the requirements for your degree. Please see your MSC Catalog for a complete list of graduation requirements.
2. You must go to the Registrar’s Office and fill out the “Intent to Graduate” form **at the beginning of the semester prior to graduating.**
3. This program sheet must be submitted with your graduation planning sheet to your advisor during the **semester prior to graduating, no later than September 15 for Spring graduates, February 15 for Fall graduates.**
4. Your advisor will sign and forward the Program Sheet, Intent to Graduate Form, and Graduation Planning Sheet to the Department Head for signature.
5. Finally, the Department Head or the department administrative assistant will take the signed forms to the Registrar’s Office. (Students cannot handle the forms once the advisor signs.)
6. 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.
7. NOTE: The semester before graduation, you will be required to take a Major Field Achievement Test (Exit Exam).

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 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 _____ 20_____
Date

Signature of Department Head _____ 20_____
Date

Signature of Registrar _____ 20_____
Date

- Must earn 120 semester hours and meet the academic residency requirements to earn a baccalaureate degree at Mesa State College.
- Must earn a minimum of 40 semester hours in upper division courses (i.e., 300-level and 400-level courses).
- A cumulative grade point average of 2.0 or higher must be maintained for all courses taken and a 2.5 GPA is required in the major courses.
- When filling out this program sheet a course can only be used once, i.e., no double counting is allowed between categories.
- Excess HPWE courses beyond the two required and pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- All degree requirements must be completed as described. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.
- It is recommended that students work closely with a faculty advisor when selecting courses and scheduling classes prior to registration.
- Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement.

General Education Requirements (Minimum of 33 semester hours) See the M.S.C. catalog for the list of courses that meet the general education categories.

English: ENGL 111 and 112 (6 semester hours, must receive a grade of "C" or higher, must be completed by the time the student has 60 semester hours.)

*ENGL _____

*ENGL _____

*ENGL 129, Honors English, may be substituted for ENGL 111 and ENGL 112. Must earn a grade of "C" or better. May need to take additional electives.

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 _____

Humanities: (6 semester hours)

Social and Behavioral Sciences: (6 Semester Hours)

Fine Arts: (3 semester hours)

Natural Sciences: (6 semester hours)

(At least one course must include a lab)

(CHEM 121, 121L is suggested.)

Applied Studies: (3 semester hours)

Other Requirements (9 semester hours)

Human Performance and Wellness: (3 Semester Hours)

Course **No.** **Credit** **Grade** **Term** **Year** **Trns/Subs**

HPWA 100 1 _____

HPWE _____ 1 _____

HPWE _____ 1 _____

See the M.S.C. catalog for the list of approved HPWE Activity courses.

Bachelor of Arts Degree Distinction: (6 semester hours)

(Two **consecutive** classes in the **same** foreign language.)

Course **No.** **Credit** **Grade** **Term** **Year** **Trns/Subs**

FLA _____ 3 _____

FLA _____ 3 _____

(FLAS 114 & 115 will NOT fulfill this requirement.) (Must receive a grade of "C" or above.)

Human Performance and Wellness – Adapted Physical Education Major Requirements (61 semester hours)

A 2.5 GPA is required in the major courses.

Required Core Courses (22 semester hours)

Course **No.** **Credit** **Grade** **Term** **Year** **Trns/Subs**

BIOL 209 3 _____

BIOL 209L 1 _____

HPWA 200 3 _____

HPWA 213 3 _____

HPWA 303 3 _____

HPWA 303L 1 _____

HPWA 309 3 _____

HPWA 309L 1 _____

HPWA 401 3 _____

HPWA 494 1 _____

Student must have current First Aid/CPR or HPWA 265 or HPWA 250:

Current CPR Card? Yes / No

(If yes, please provide a copy with the expiration date.)

Or take one of the following: HPWA 265 or HPWA 250

HPWA _____ 3 _____

Required Concentration Courses (39 semester hours)

Course **No.** **Credit** **Grade** **Term** **Year** **Trns/Subs**

PSYC 233 3 _____

PSYC 340 3 _____

HPWA 211 3 _____

HPWA 234 3 _____

HPWA 251 3 _____

HPWA 301 3 _____

HPWA 360 3 _____

HPWA 380 3 _____

HPWA 415 3 _____

HPWA 480 3 _____

HPWA 499 6 _____

One course selected from PSYC 310, PSYC 330, or PSYC 350

PSYC 3 3 _____

Electives (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours. Excludes HPWE activity courses.) (17 semester hours; additional upper division hours may be needed.)

| Course | No. | Credit | Grade | Term | Year | Trns/Subs | Course | No. | Credit | Grade | Term | Year | Trns/Subs |
|--------|-------|--------|-------|-------|-------|-----------|--------|-------|--------|-------|-------|-------|-----------|
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

GRADUATION INFORMATION

See the “Undergraduate Graduation Requirements” in the Mesa State College catalog for additional graduation information.

GENERAL EDUCATION REQUIREMENTS (Minimum of 33 Semester Hours) See current Mesa State College catalog for list of courses that fulfill the requirements below. If one (or more) of the selections below is required in your major, you must use it to fulfill the major requirement and **make a different selection to meet the general education requirement. The courses may not be used to fulfill both requirements.**

English – 6 Semester Hours (Must be **completed** before student has 60 semester hours. Must receive grade of “C” or above.)
ENGL 111 and ENGL 112 **or** ENGL 129 (*by permission*)

Mathematics – 3 Semester Hours chosen from:
MATH 110 **or higher**
(Must be **completed** before student has 60 semester hours. Must receive grade of “C” or above.)

Humanities – 6 semester hours

Social and Behavioral Sciences – 6 semester hours

Fine Arts – 3 semester hours

Natural Sciences – 6 semester hours (At least one course must include a lab.) **Chem 121/121L is suggested.**

Applied Studies – 3 semester hours

OTHER REQUIREMENTS (9 Semester Hours)

Human Performance and Wellness – 3 Semester Hours
Each student must take HPWA 100 together with two HPWE Activity courses. See current catalog for listing.

Degree Distinction – 6 Semester Hours
*(Two **consecutive** classes in the same foreign language.) Select from one of the following sequences:
 FLAF 111 *followed by* FLAF 112 **or** FLAG 111 *followed by* FLAG 112
 Or FLAS 111 *followed by* FLAS 112 **or** FLAS 117 *followed by* FLAS 118
 *(FLAS 114 & 115 will **NOT** fulfill this requirement. Two **consecutive** classes in the **same** foreign language. **Must** receive a grade of “C” or above in **both** classes.)

Human Performance and Wellness – Adapted Physical Education (61 Semester Hours)

A 2.5 GPA is required in the major courses.

Required Core Courses (22 Semester Hours)

BIOL 209 Human Anatomy and Physiology
BIOL 209L Human Anatomy and Physiology Lab
HPWA 200 History and Philosophy of Human Performance
HPWA 213 Applications of Physical Science and Exercise Prescription
HPWA 303 Exercise Physiology
HPWA 303L Exercise Physiology Lab
HPWA 309 Anatomical Kinesiology
HPWA 309L Anatomical Kinesiology Lab
HPWA 401 Org/Ad/Legal Considerations of PE and Sports
HPWA 494 Senior Seminar (Capstone)

Student must have current First Aid/CPR Card or take one of the following:

HPWA 265 First Aid/CPR for the Professional Rescuer

Or

HPWA 250 Lifeguard Training

Required Concentration Courses (39 Semester Hours)

PSYC 233 Human Growth and Development
PSYC 340 Abnormal Psychology
HPWA 211 Methods of Lifetime Activities
HPWA 234 Prevention & Care of Athletic Injuries
HPWA 251 Water Safety Instructor
HPWA 301 Tests and Measurements
HPWA 360 Motor Learning
HPWA 380 Adapted Physical Education
HPWA 415 Physical Activity and Aging
HPWA 480 Special Populations and Psychomotor Disabilities
HPWA 499 Internship
Choose one of the following:
PSYC 310 Child Psychology
PSYC 330 Psychology of Adolescents and Young Adults
PSYC 350 Psychology of Adulthood

General Electives: 17 Semester Hours; additional upper division hours may be needed.

Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement. All degree requirements must be completed as described above. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.

**SUGGESTED COURSE SEQUENCING FOR A MAJOR IN
HUMAN PERFORMANCE AND WELLNESS – ADAPTED PHYSICAL EDUCATION**

FRESHMAN YEAR

| Fall Semester | | Hours | Spring Semester | | Hours |
|-----------------------------------|---------------------------------------|--------------|-----------------------------------|---------------------------------------|--------------|
| ENGL 111 | English Composition | 3 | ENGL 112 | English Composition | 3 |
| HPWA 100 | Health and Wellness | 1 | BIOL 209 | Human Anatomy and Physiology I | 3 |
| HPWA 200 | History and Philosophy of Human Perf. | 3 | BIOL 209L | Human Anatomy and Physiology I Lab | 1 |
| General Education Fine Arts | | 3 | HPWA 213 | Appl. Of Phys. Fitness and Ex. Presc. | 3 |
| General Education Natural Science | | 3 | MATH XXX | Math Requirement | 3 |
| General Education Humanities | | <u>3</u> | General Education Applied Studies | | <u>3</u> |
| | | 16 | | | 16 |

SOPHOMORE YEAR

| Fall Semester | | Hours | Spring Semester | | Hours |
|---|--|--------------|---|------------------------------|--------------|
| HPWA 234 | Prevention and Care of Athletic Injuries | 3 | Degree Distinction (Foreign Language) | | 3 |
| HPWA 211 | Methods of Lifetime Activities | 3 | General Education Humanities | | 3 |
| Degree Distinction (Foreign Language) | | 3 | General Education Social/Behavioral Science | | 3 |
| General Education Natural Science with Lab | | 3-4 | HPWE Activity (2) | | 2 |
| General Education Social/Behavioral Science | | <u>3</u> | PSYC 233 | Human Growth and Development | <u>3</u> |
| | | 15-16 | | | 14 |

JUNIOR YEAR

| Fall Semester | | Hours | Spring Semester | | Hours |
|----------------------|----------------------------|--------------|------------------------|-----------------------------|--------------|
| HPWA 309 | Anatomical Kinesiology | 3 | HPWA 301 | Tests and Measurements | 3 |
| HPWA 309L | Anatomical Kinesiology Lab | 1 | HPWA 415 | Physical Activity and Aging | 3 |
| HPWA 360 | Motor Learning | 3 | HPWA 480 | Special Populations | 3 |
| HPWA 380 | Adapted Physical Education | 3 | HPWA 251 | Water Safety Instructor | 3 |
| HPWA 303 | Exercise Physiology | 3 | Elective/Minor | | <u>3</u> |
| HPWA 303L | Exercise Physiology Lab | 1 | | | 15 |
| Elective or Minor | | <u>3</u> | | | |
| | | 17 | | | |

SENIOR YEAR

| Fall Semester | | Hours | Spring Semester | | Hours |
|----------------------|---------------------|--------------|------------------------|------------------|--------------|
| PSYC 340 | Abnormal Psychology | 3 | HPWA 494 | Senior Seminar I | 1 |
| HPWA 401 | Org/Ad/Legal | 3 | HPWA 499 | Internship | 6 |
| PSYC 3XX | Psychology Option | 3 | Minor/Electives | | <u>7-8</u> |
| Elective or Minor | | <u>3</u> | | | 14-15 |
| | | 12 | | | |