**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.

__________________________ 20

Signature of Advisor Date

__________________________ 20

Signature of Department Head Date

__________________________ 20

Signature of Registrar 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>No.</th>
<th>Credit</th>
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<th>Term</th>
<th>Year</th>
<th>Trns/Subs</th>
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<td>*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.</td>
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Other Requirements (9 semester hours)

Human Performance and Wellness: (3 Semester Hours) 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.)

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<thead>
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Human Performance and Wellness – Athletic Training Major Requirements (61 semester hours) A 2.5 GPA is required in the major courses.

Required Core Courses (22 semester hours)

<table>
<thead>
<tr>
<th>Course</th>
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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 | | | | | | |

Required Concentration Courses (39 semester hours)

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<tr>
<th>Course</th>
<th>No.</th>
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</table>

Bachelor of Arts: Human Performance and Wellness – Athletic Training 2005-2006 Program Sheet, Page 2 of 5
Posted 10/10/05
**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.) PSYC 360 suggested.

<table>
<thead>
<tr>
<th>Course</th>
<th>No.</th>
<th>Credit</th>
<th>Grade</th>
<th>Term</th>
<th>Year</th>
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</tbody>
</table>

**GRADUATION INFORMATION**

See the “Undergraduate Graduation Requirements” in the MSC 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**
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 (PSYC 150 is suggested)**

**Fine Arts – 3 semester hours**

**Natural Sciences – 6 semester hours (At least one course must include a lab.) (BIOL 101/101L 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 – Athletic Training** (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)
- BIOL 210 Human Anatomy and Physiology II
- BIOL 210L Human Anatomy and Physiology II Lab
- HPWA 234 Prevention and Care of Athletic Injuries
- HPWA 260 School and Personal Health
- HPWA 273 Upper Body Injury Assessment
- HPWA 274 Lower Body Injury Assessment
- HPWA 365 Advanced First Aid
- HPWA 368 Clinical Experiences I
- HPWA 378 Clinical Experiences II
- HPWA 405 Sports Nutrition
- HPWA 410 Rehabilitative Exercises
- HPWA 420 Therapeutic Modalities
- HPWA 430 Medical Conditions and Pharmacology in Sports
- HPWA 468 Clinical Experiences III
- HPWA 478 Clinical Experiences IV

### 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.
### FRESHMAN YEAR

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<td>HPWA 100  Health and Wellness</td>
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<td>HPWA 200  History and Philosophy of Human Perf.</td>
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<td>HPWA 265  First Aid/CPR for the Prof. Rescuer</td>
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### SOPHOMORE YEAR

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<td>HPWA 365  Advanced First Aid</td>
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