



2006 – 07 PETITION/PROGRAM SHEET

Degree: Bachelor of Arts

Major: Kinesiology

Concentration: Exercise Science

www.mesastate.edu/schools/sbps/hpw/exscience.htm

About This Major . . .

The BA in Kinesiology 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 the MSC Catalog for a complete list of graduation requirements.
2. 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. 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.
4. Your advisor will sign and forward the Program Sheet 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 _____ Date _____ 20__

Signature of Department Head _____ Date _____ 20__

Signature of Registrar _____ Date _____ 20__

- 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 for all courses in the major.
- When filling out this program sheet a course can only be used once, i.e., no double counting is allowed between categories.
- Excess KINA 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 highly 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)

Applied Studies: (3 semester hours)

Other Requirements (9 semester hours)

Kinesiology: (3 Semester Hours)

Course No. Credit Grade Term Year Trns/Subs

KINE* 100 1 _____

KINA* _____ 1 _____

KINA* _____ 1 _____

See the M.S.C. catalog for the list of approved KINA/Selected DANC courses. *KINE/KINA formerly known as HPWA/HPWE

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.)

Kinesiology – Exercise Science Major Requirements (59-63 semester hours)

(For students taking classes prior to Summer 2006, these classes were taught under the HPWA prefix.)

Required Core Courses (22 semester hours)

Course No. Credit Grade Term Year Trns/Subs

BIOL 209 3 _____

BIOL 209L 1 _____

KINE 200 3 _____

KINE 213 3 _____

KINE 303 3 _____

KINE 303L 1 _____

KINE 309 3 _____

KINE 309L 1 _____

KINE 401 3 _____

KINE 494 1 _____

Required Concentration Courses (37-41 semester hours)

Course No. Credit Grade Term Year Trns/Subs

CHEM 131 4 _____

CHEM 131L 1 _____

KINE 234 3 _____

KINE 260 3 _____

KINE 297 2 _____

KINE 301 3 _____

KINE 404 3 _____

KINE 405 3 _____

KINE 480 3 _____

KINE 499 6 _____

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

Current CPR Card? Yes / No

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

KINE _____ 3 _____

Course	No.	Credit	Grade	Term	Year	Trns/Subs	Course	No.	Credit	Grade	Term	Year	Trns/Subs
Select two courses from the following: CHEM 311/311L, CHEM 312/312L, BIOL 241, BIOL 341/341L, KINE 415, KINE 430 or an approved KINE upper division topics class approved by the department head. (Courses with a lecture and lab are counted as one course)													
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Electives (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours. Excludes KINA activity courses.) (15-19 semester hours.)

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.)

Applied Studies – 3 semester hours

OTHER REQUIREMENTS (9 Semester Hours)

Kinesiology – 3 Semester Hours
Each student must take KINE 100 together with two KINA/Selected DANC courses. See current catalog for listing.
*KINE/KINA formerly known as HPWA/HPWE

Degree Distinction – 6 Semester Hours
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** Two **consecutive** classes in the **same** foreign language.
*(FLAS 114 & 115 will **NOT** fulfill this requirement. **Must** receive a grade of "C" or above in **both** classes.)

Kinesiology – Exercise Science (59-63 Semester Hours)

(For students taking classes prior to Summer 2006, these classes were taught under the HPWA prefix.)

Required Core Courses (22 Semester Hours)

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

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

KINE 265 First Aid/CPR for the Professional Rescuer **Or**
KINE 250 Lifeguard Training

Required Concentration Courses (37-41 Semester Hours)

CHEM 131 General Chemistry
CHEM 131L General Chemistry Lab
KINE 234 Prevention and Care of Athletic Injuries
KINE 260 School and Personal Health
KINE 297 Practicum
KINE 301 Tests and Measurements in Sport and Physical Education
KINE 404 Preparation for ACSM Health Fitness Instructor Certification
KINE 405 Sports Nutrition
KINE 480 Special Populations – Psychomotor Disabilities and Implications
KINE 499 Internship

Select two courses from the following:

CHEM 311* Organic Chemistry
CHEM 311L* Organic Chemistry Lab
CHEM 312* Organic Chemistry
CHEM 312L* Organic Chemistry Lab
BIOL 241 Pathological Physiology
BIOL 341* General Physiology
BIOL 341L* General Physiology Lab
KINE 415 Physical Activity and Aging
KINE 430 Medical Conditions and Pharmacology in Sports
KINE 396/496 Topics (approved by department head)

*Count lecture and lab as one course

General Electives: 15-19 Semester Hours

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 KINESIOLOGY – 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 their advisor and check the 2 year course matrix on the Mesa State 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 & PE	3	MATH XXX Math Requirement	3
General Education Humanities	3	General Education Applied Studies	3
General Education Fine Arts	3	BIOL 209 Human Anatomy and Physiology	3
General Education Natural Science	<u>3</u>	BIOL 209L Human Anatomy and Physiology Lab	<u>1</u>
	16		16

SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234 Prevention and Care of Athletic Injuries	3	General Education Natural Science with Lab	4
KINE 260 School and Personal and Health	3	Degree Distinction (Foreign Language)	3
Degree Distinction (Foreign Language)	3	General Education Social/Behavioral Science	3
CHEM 131 General Chemistry	4	General Education Humanities	3
CHEM 131L General Chemistry Lab	1	KINA Activity	<u>1</u>
General Education Social/Behavioral Science	<u>3</u>		14
	17		

JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 303 Exercise Physiology	3	KINE 301 Tests and Measurements in Sport & PE	3
KINE 303L Exercise Physiology Lab	1	KINE/BIOL/CHEM Option	3-5
KINE 309 Anatomical Kinesiology	3	Electives or Minor	<u>6-8</u>
KINE 309L Anatomical Kinesiology Lab	1		14
KINA Activity	1		
Electives or Minor	<u>6</u>		
	15		

SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 297 Practicum	2	KINE 494 Senior Seminar	1
KINE 401 Org/Ad/Legal of PE/Sport	3	Minor/Electives	3
KINE 405 Sports Nutrition	3	KINE 404 ACSM HFI Cert.	3
KINE/BIOL/CHEM Option	3-5	KINE 480 Special Populations	3
Elective or Minor	<u>1-3</u>	KINE 499 Internship	<u>6</u>
	12-16		16