



2006 – 07 PETITION/PROGRAM SHEET

Degree: Bachelor of Arts

MAJOR: Kinesiology

Concentration: K-12 Teaching

www.mesastate.edu/schools/sbps/hpw/k12.htm

About This Major . . .

Students will become prepared to teach elementary, middle/junior high school, and high school physical education. Students enrolled in this degree program must also be enrolled in the teacher licensure program at Mesa State College. The Center for Teacher Education offers an innovative, holistic program of study that leads to K-12 licensure in Colorado.

At Mesa State, we pride ourselves on the personal touch. Our professors are experienced, knowledgeable, accessible, and intensely dedicated to the improvement of public education. Faculty offer one-on-one guidance for course selection, field placements, student teaching, and employment.

As a student, you will gradually accumulate over 200 hours of classroom experience before beginning student teaching. The well-regarded Mesa County School District provides opportunities to gain experience with children of all ages and backgrounds in a variety of school settings. A minimum of 75 credit hours of general education and content area coursework must be completed with a minimum GPA of 2.80 before a candidate may apply for admission to the Center for Teacher Education licensure program. You must be formally accepted into the Teacher Education Program before taking education courses. Please see the Teacher Education Admission Packet for further information on admissions criteria.

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 may 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 Content 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. (Students seeking K-12 licensure must earn 126 semester hours.)
- 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 2.8 or higher must be maintained for all courses.
- 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. Courses related to teacher licensure must also be approved by the Teacher Education Dept.
- 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.
- Students must PASS the PLACE exam in the content area prior to commencing the internship. Also, ALL other coursework toward the degree must be successfully completed prior to the internship.

**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.

Course	No.	Credit	Grade	Term	Year	Trns/Subs
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**English:** ENGL 111 and 112 (6 semester hours, must receive a grade of "B" or higher, must be completed by the time the student has 60 semester hours.)

*#ENGL	_____	_____	_____	_____	_____	_____
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*#ENGL	_____	_____	_____	_____	_____	_____
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\*ENGL 129, Honors English, may be substituted for ENGL 111 and ENGL 112. Must earn a grade of "B" or better.

**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	_____	_____	_____	_____	_____	_____
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**Humanities:** (6 semester hours)

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

Course	No.	Credit	Grade	Term	Year	Trns/Subs
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**Social and Behavioral Sciences:** (6 Semester Hours)

#PSYC	233	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

**Fine Arts:** (3 semester hours)

_____	_____	_____	_____	_____	_____	_____
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**Natural Sciences:** (6 semester hours)

(At least one course must include a lab)

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

**Applied Studies:** (3 semester hours)

#SPCH	102	3	_____	_____	_____	_____
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# Must earn a "B" or higher

**Other Requirements** (9 semester hours)

**Kinesiology:** (3 Semester Hours)

Course	No.	Credit	Grade	Term	Year	Trns/Subs
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KINE*	100	1	_____	_____	_____	_____
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KINA*	_____	1	_____	_____	_____	_____
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KINA*	_____	1	_____	_____	_____	_____
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See the M.S.C. catalog for the list of approved KINA and DANC courses.

\*KINE/KINA formerly known as HPWA/HPWE

**Bachelor of Arts Degree Distinction:** (6 semester hours)

(Two consecutive courses in the same foreign language.)

Course	No.	Credit	Grade	Term	Year	Trns/Subs
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FLA	_____	3	_____	_____	_____	_____
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FLA	_____	3	_____	_____	_____	_____
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(FLAS 114 & 115 will NOT fulfill this requirement.) (Must receive a grade of "C" or above.)

**Kinesiology – Leading to K-12 Licensure Major Requirements** (63 Semester Hours)

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

**HPW Core** (22 semester hours)

Course	No.	Credit	Grade	Term	Year	Trns/Subs
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BIOL	209	3	_____	_____	_____	_____
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BIOL	209L	1	_____	_____	_____	_____
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KINE	200	3	_____	_____	_____	_____
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KINE	213	3	_____	_____	_____	_____
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KINE	303	3	_____	_____	_____	_____
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KINE	303L	1	_____	_____	_____	_____
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Course	No.	Credit	Grade	Term	Year	Trns/Subs
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KINE	309	3	_____	_____	_____	_____
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KINE	309L	1	_____	_____	_____	_____
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KINE	401	3	_____	_____	_____	_____
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KINE	494	1	_____	_____	_____	_____
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**Student must have current First Aid/CPR or take one of the following:**

Current CPR Card? Yes / No (If yes, provide a copy of the card.)

**Or take one of the following:** KINE 265 or KINE 250

KINE	_____	3	_____	_____	_____	_____
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**Required Concentration Courses (41 Semester Hours)**

Course	No.	Credit	Grade	Term	Year	Trns/Subs	Course	No.	Credit	Grade	Term	Year	Trns/Subs
KINE	<u>211</u>	<u>3</u>	_____	_____	_____	_____	KINE	<u>320</u>	<u>3</u>	_____	_____	_____	_____
KINE	<u>214</u>	<u>3</u>	_____	_____	_____	_____	KINE	<u>360</u>	<u>3</u>	_____	_____	_____	_____
KINE	<u>220</u>	<u>3</u>	_____	_____	_____	_____	KINE	<u>380</u>	<u>3</u>	_____	_____	_____	_____
KINE	<u>234</u>	<u>3</u>	_____	_____	_____	_____	KINE	<u>408</u>	<u>3</u>	_____	_____	_____	_____
KINE	<u>256</u>	<u>3</u>	_____	_____	_____	_____	KINE	<u>497</u>	<u>2</u>	_____	_____	_____	_____
KINE	<u>260</u>	<u>3</u>	_____	_____	_____	_____	One course selected from KINE 212 or KINE 251:						
KINE	<u>300</u>	<u>3</u>	_____	_____	_____	_____	KINE	_____	<u>3</u>	_____	_____	_____	_____
KINE	<u>301</u>	<u>3</u>	_____	_____	_____	_____							

**K-12 Licensure Requirements (20 Semester Hours)**

\*Prerequisites: ENGL 111 & 112 (or ENGL 129), SPCH 102, PSYC 233 (All with grade of B or higher) and MATH 110 or higher (with grade of C or higher) and formal acceptance to the Teacher Education Program

Course	No.	Credit	Grade	Term	Year	Trns/Subs	Course	No.	Credit	Grade	Term	Year	Trns/Subs
EDUC	<u>211*</u>	<u>2</u>	_____	_____	_____	_____	EDUC	<u>499D</u>	<u>6</u>	_____	_____	_____	_____
EDUC	<u>342</u>	<u>3</u>	_____	_____	_____	_____	EDUC	<u>499H</u>	<u>6</u>	_____	_____	_____	_____
EDUC	<u>343</u>	<u>3</u>	_____	_____	_____	_____							

**GRADUATION INFORMATION**

See the "Undergraduate Graduation Requirements" in the Mesa State College catalog for additional graduation information.  
**A 2.8 Minimum Cumulative Grade Point Average is required.**

**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 "B" 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 (#PSYC 233 required)**

**Fine Arts – 3 semester hours**

**Natural Sciences – 6 semester hours** (At least one course must include a lab.)

**Applied Studies – 3 semester hours (#SPCH 102 required)**

# Need a "B" or higher

**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** courses in the **same** foreign language.

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

**Kinesiology – Leading to K-12 Teacher Licensure (63 Semester Hours)**

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

**HPW Core (22 Semester Hours)**

BIOL 209 Human Anatomy and Physiology I  
BIOL 209L Human Anatomy and Physiology I Lab  
KINE 200 Hist. and Philosophy of Sport & Physical Education  
KINE 213 Appl. of Phys. Fitness/Exercise Prescr.  
KINE 303 Exercise Physiology  
KINE 303L Exercise Physiology Lab  
KINE 309 Anatomical Physiology  
KINE 309L Anatomical Physiology Lab  
KINE 401 Org./Ad./Legal Cons. of PE/Sports  
KINE 494 Senior Seminar (Capstone)  
First/Aid/CPR Card **or** KINE 265 First Aid/CPR for the Professional Rescuer **or** KINE 250 Lifeguard Training

**Required Concentration Courses (41 semester hours)**

KINE 211 Methods of Lifetime Activities  
KINE 214 Methods of Team Activities  
KINE 220 Methods of Dance & Gymnastics  
KINE 234 Prevention & Care of Athletic Injuries  
KINE 256 Creative Play and Literacy  
KINE 260 School and Personal Health  
KINE 300 Teaching/Technology Lab  
KINE 301 Tests and Measurements in Sport & Physical Education  
KINE 320 Methods of Teaching Elementary PE  
KINE 360 Motor Learning  
KINE 380 Adapted PE  
KINE 408 Methods of Teaching Secondary PE  
KINE 497 Pre-Internship in Physical Education  
One course selected from:  
KINE 212 Methods of Individual Sports **or** KINE 251 Water Safety Instructor

**K-12 Teacher Licensure Requirements (20 semester hours)**

EDUC 211 Foundations of Education	2 semester hours	20 Field Experience Hours
EDUC 342 Pedagogy & Assessment: Secondary/K-12	3 semester hours	20 Field Experience Hours
EDUC 343 Teaching to Diversity	3 semester hours	20 Field Experience Hours
EDUC 499D Teaching Internship/Colloq.:Elementary	6 semester hour	300 Field Experience Hours
EDUC 499H Teaching Internship/Colloq.: Secondary	6 semester hours	300 Field Experience Hours

**Students must PASS the PLACE exam in the content area prior to commencing the internship. Also, ALL other coursework toward the degree must be successfully completed prior to internship.**

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, approved by the Department Head and the Teacher Education Department.

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – LEADING TO K-12 TEACHER LICENSURE

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	ENGL 112	English Composition
KINE 100	Health and Wellness	KINE 213	Appl. Phys. Fit & Exercise Prescription
KINE 200	Hist./Phil. Human Performance	BIOL 209	Human Anatomy and Physiology I
General Education	Humanities	BIOL 209L	Human Anatomy and Physiology I Lab
General Education	Natural Science with Lab	Math XXX	Math Requirement
General Education	Fine Arts	SPCH 102	Speechmaking
	<u>3</u>		<u>3</u>
	17		16

### SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 214	Methods of Team Activities	KINE 260	School and Personal Health
Degree Distinction	(Foreign Language)	Degree Distinction	(Foreign Language)
General Education	Natural Science	General Education	Humanities
PSYC 233	Human Growth and Development	General Education	Social/Behavioral Science
KINE 220	Methods of Dance & Gymnastics	KINA	Activity
KINE 234	Prevention/Care of Athletic Injuries	KINE 212	Methods of Individual Sports <b>OR</b>
	<u>3</u>	KINE 251	Water Safety Instructor
	18		<u>3</u>
			16

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 211	Methods of Lifetime Activities	KINE 256	Creative Play/Literacy
KINE 309	Anatomical Kinesiology	KINE 300	Teaching/ Tech. Lab
KINE309L	Anatomical Kinesiology Lab	KINE 401	Org/Admin/Legal Consid. In P.E.
KINE 320	Elementary School P.E.	EDUC 343	Teaching to Diversity
KINE 301	Test and Measurement	EDUC 211	Foundations of Education
	<u>3</u>	EDUC 342	Ped. and Assess.: Secondary and K-12
	13	KINA	Activity
			<u>1</u>
			18

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 303	Exercise Physiology <b>AND</b>	EDUC 499D	Teaching Internship/Colloq.:Elementary
KINE 303L	Exercise Physiology Lab	EDUC 499H	Teaching Internship/Colloq.:Secondary
KINE 360	Motor Learning		12
KINE 380	Adapted Physical Education		
KINE 408	Methods Teaching Secondary		
KINE 494	Senior Seminar		
KINE 497	Pre-Internship		
	<u>2</u>		
	16		