



2007– 08 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

Students should work closely with a faculty advisor when selecting and scheduling courses prior to registration.

Degree Requirements:

- Must earn 120 semester hours total and meet the academic residency requirements to earn a baccalaureate degree at Mesa State College.
- 40 upper division credits (i.e., 300-level and 400-level courses).
- 2.00 cumulative GPA or higher in all MSC coursework
- 2.00 cumulative GPA or higher in coursework toward the major content area
- Excess KINA courses beyond the two required and pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Program sheets are for advising purposes only. Because a program may have requirements specific to the degree, check with your advisor for additional guidelines, including prerequisites, grade point averages, grades, exit examinations, and other expectations. It is the student's responsibility to be aware of, and follow, all guidelines for the degree being pursued. Any exceptions or substitutions must be approved by the faculty advisor and/or Department Head. Courses related to teacher licensure must also be approved by the Teacher Education Dept.
- When filling out the program sheet a course can be used only once.
- See the "Undergraduate Graduation Requirements" in the Mesa State College catalog for additional graduation information.

**GENERAL EDUCATION REQUIREMENTS** (31 Semester Hours)

See the current Mesa State College catalog for a list of courses that fulfill the requirements below. If a course is on the general education list of options and a requirement for your major, you must use it to fulfill the major requirement and make a different selection within the general education requirement.

Course	No	Title	Sem.hrs	Grade	Term/Trns
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**English** (6 semester hours, must receive a grade of "C" or better and must be completed by the time the student has 60 semester hours.)

ENGL 111	English Composition	3	_____	_____
ENGL 112	English Composition	3	_____	_____

(ENGL 129, Honors English, may be substituted for ENGL 111 & ENGL 112.)

**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 1	_____	_____	_____	_____
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**Humanities** (3 semester hours)

_____	_____	_____	_____	_____
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**Social and Behavioral Sciences** (6 semester hours)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**Natural Sciences** (7 semester hours, one course must include a lab)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	L	_____	_____	_____

**History** (3 semester hours)

HIST	_____	_____	_____	_____
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**Fine Arts** (3 semester hours)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Course	No	Title	Sem.hrs	Grade	Term/Trns
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**OTHER LOWER DIVISION REQUIREMENTS**

**Kinesiology** (3 semester hours)

KINE 100	Health and Wellness	1	_____	_____
KINA 1	_____	1	_____	_____
KINA 1	_____	1	_____	_____

**Applied Studies** (3 semester hours)

_____	_____	_____	_____	_____
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**BACHELOR OF ARTS DEGREE DISTINCTION**

**REQUIREMENTS** (6 semester hours) Two **consecutive** classes in the **same** foreign language. Must receive a grade of "C" or better. FLAS 114 & 115 will **NOT** fulfill this requirement.

FLA	_____	_____	_____	_____
FLA	_____	_____	_____	_____

**KINESIOLOGY – EXERCISE SCIENCE MAJOR**

**REQUIREMENTS** (59-63 semester hours)

**Required Core Courses** (22 semester hours)

BIOL 209	Human Anat and Physiology	3	_____	_____
BIOL 209L	Human Anat & Physiology Lab	1	_____	_____
KINE 200	History & Philosophy of Sport & Physical Education	3	_____	_____
KINE 213	Applications of Physical Fitness and Exercise Prescription	3	_____	_____
KINE 303	Exercise Physiology	3	_____	_____
KINE 303L	Exercise Physiology Lab	1	_____	_____
KINE 309	Anatomical Kinesiology	3	_____	_____
KINE 309L	Anatomical Kinesiology Lab	1	_____	_____
KINE 401	Org/Ad/Legal Considerations of PE and Sports	3	_____	_____
KINE 494	Senior Seminar (Capstone)	1	_____	_____
CHEM 121	General Chemistry or higher*	4	_____	_____
CHEM 121L	General Chemistry Lab or higher*	1	_____	_____
KINE 234	Prevention and Care of Athletic Injuries	3	_____	_____
KINE 260	School and Personal Health	3	_____	_____
KINE 297	Practicum	2	_____	_____
KINE 301	Tests & Measurements in Sport & Physical Education	3	_____	_____
KINE 404	Preparation for ACSM Health Fitness Instructor Certification	3	_____	_____
KINE 405	Sports Nutrition	3	_____	_____
KINE 480	Special Populations – Psychomotor Disabilities & Implications	3	_____	_____
KINE 499	Internship	6	_____	_____

Select two courses from \*CHEM 311, \*311L, \*312, \*312L, BIOL 241, \*BIOL 341, \*341L, KINE 415, 430, KINE 396/496

\*Courses with labs count as one course

\*Chemistry 131 & 131L are suggested for students interested in entering post graduate study (e.g. PT,OT,PA)



## 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 110      Math Requirement	3
General Education History	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 121      General Chemistry	4	General Education Humanities	3
CHEM 121L      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 415	3
KINE 309      Anatomical Kinesiology	3	KINE/BIOL/CHEM Option	3-5
KINE 309L      Anatomical Kinesiology Lab	1	Electives or Minor	<u>3</u>
KINA      Activity	1		12-14
Electives or Minor	<u>3</u>		
	12		

### 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