



**2008 – 09 PETITION/PROGRAM SHEET**  
**Degree: Bachelor of Arts**  
**Major: Kinesiology**  
**Concentration: Adapted Physical Education**  
**[www.mesastate.edu/schools/sbps/hpw/adaptphysed.htm](http://www.mesastate.edu/schools/sbps/hpw/adaptphysed.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).

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**NAME:** \_\_\_\_\_ **STUDENT ID #** \_\_\_\_\_

**LOCAL ADDRESS AND PHONE NUMBER:** \_\_\_\_\_

\_\_\_\_\_ ( ) \_\_\_\_\_

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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

\_\_\_\_\_  
Signature of Department Head

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Registrar

\_\_\_\_\_  
Date

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

**Degree Requirements:**

- 120 semester hours total (A minimum of 28 taken at MSC)
- 40 upper division credits (A minimum of 15 taken within the major at MSC)
- 2.00 cumulative GPA or higher in all MSC coursework
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- When filling out the program sheet a course can be used only once.
- 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.
- 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)

_____	_____	_____	_____	_____	_____
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Course	No	Title	Sem.hrs	Grade	Term/Trns
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**OTHER LOWER DIVISION REQUIREMENTS** ( 6 semester hours)

**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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**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	_____	3	_____	_____	_____
FLA	_____	3	_____	_____	_____

**KINESIOLOGY – ADAPTED PHYSICAL EDUCATION MAJOR REQUIREMENTS**

(61 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	3	_____	_____	_____
BIOL 209L	Human Anatomy and Physiology Lab	1	_____	_____	_____
KINE 200	History & Philosophy of Sport & Physical Education	3	_____	_____	_____
KINE 213	Applications of Physical Fitness & 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	_____	_____	_____

**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.)

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

KINE	_____	3	_____	_____	_____
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**Required Concentration Courses** (39 semester hours)

PSYC 233	Human Growth and Development	3	_____	_____	_____
PSYC 340	Abnormal Psychology.	3	_____	_____	_____
KINE 211	Methods of Lifetime Activities	3	_____	_____	_____
KINE 234	Prevention & Care of Athletic Injuries	3	_____	_____	_____
KINE 251	Water Safety Instructor	3	_____	_____	_____
KINE 301	Tests and Measurements	3	_____	_____	_____
KINE 360	Motor Learning	3	_____	_____	_____
KINE 380	Adapted Physical Education	3	_____	_____	_____
KINE 415	Physical Activity & Aging	3	_____	_____	_____
KINE 480	Special Populations & Psychomotor Disabilities	3	_____	_____	_____
KINE 499	Internship	6	_____	_____	_____

Course No Title Sem.hrs Grade Term/Trns  
**One course selected from PSYC 310, PSYC 330, or PSYC 350**  
 PSYC \_\_\_\_\_ 3 \_\_\_\_\_

**Electives** (All college level courses appearing on your final transcript, **not listed above** that will bring your total hours to 120 hours.) (10-11 semester hours; additional upper division hours may be needed.)

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Course No Title Sem.hrs GradeTerm/Trns  
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## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – ADAPTED PHYSICAL EDUCATION

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 the assigned 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	BIOL 209	Human Anatomy and Physiology I	3
KINE 200	History and Phil. of Sport & PE	3	BIOL 209L	Human Anatomy and Physiology I Lab	1
General Education Fine Arts		3	KINE 213	Appl. Of Phys. Fitness and Ex. Presc.	3
General Education Natural Science		3	MATH X110	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
KINE 234	Prevention and Care of Athletic Injuries	3	Degree Distinction (Foreign Language)		3
KINE 211	Methods of Lifetime Activities	3	General Education History		3
Degree Distinction (Foreign Language)		3	General Education Social/Behavioral Science		3
General Education Natural Science with Lab		4	KINA	Activities (2 courses)	2
General Education Social/Behavioral Science		<u>3</u>	PSYC 233	Human Growth and Development	<u>3</u>
		16			14

### JUNIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 309	Anatomical Kinesiology	3	KINE 301	Tests and Measurements	3
KINE 309L	Anatomical Kinesiology Lab	1	KINE 415	Physical Activity and Aging	3
KINE 360	Motor Learning	3	KINE 480	Special Populations	3
KINE 380	Adapted Physical Education	3	KINE 251	Water Safety Instructor	3
KINE 303	Exercise Physiology	3	Elective/Minor		<u>3</u>
KINE 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	KINE 494	Senior Seminar I	1
KINE 401	Org/Ad/Legal	3	KINE 499	Internship	6
PSYC 3XX	Psychology Option	3	Minor/Electives		<u>7</u>
Elective or Minor		<u>3</u>			14
		12			