



2008– 09 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

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:

- 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
- 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
--------	----	-------	---------	-------	-----------

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					
--------	--	--	--	--	--

Humanities (3 semester hours)

--	--	--	--	--	--

Social and Behavioral Sciences (6 semester hours)

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

History (3 semester hours)

HIST					
------	--	--	--	--	--

Fine Arts (3 semester hours)

--	--	--	--	--	--

Course	No	Title	Sem.hrs	Grade	Term/Trns
--------	----	-------	---------	-------	-----------

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)

--	--	--	--	--	--

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			
----------	---------------------------	---	--	--	--

Required Concentration Courses (37-41 Semester Hours)

CHEM 121	Principals of Chemistry or higher*	4			
----------	------------------------------------	---	--	--	--

CHEM 121L	Principals of 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)

Course No Title Sem.hrs Grade Term/Trns

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 _____

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)

Course No Title Sem.hrs Grade Term/Trns

Electives (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours.) (14-18) semester hours.)

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 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	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 Principals of Chemistry	4	General Education Humanities	3
CHEM 121L Principals of 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>6</u>
KINA Activity	1		15-17
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	2-3
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		15-16