



2010-2011 PETITION/PROGRAM SHEET
Degree: Bachelor of Arts
Major: Kinesiology
Concentration: Adapted Physical Education
www.mesastate.edu/academics/programs.html

About This Major . . .

Students who select this major will learn to adapt or modify the physical education curriculum and/or instruction to address specific abilities of individuals. Students will learn to develop activities that are appropriate and effective for persons with disabilities. Career opportunities include: adapted physical education teacher (K-12) which requires completing the K-12 concentration coursework; activity director at an assisted living center or rehabilitation facility; physical therapist*; occupational therapist*.

*Career requires additional post-baccalaureate studies.

Mesa State students frequently continue their study towards graduate or professional degrees at universities.

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:

- 120 semester hours total (A minimum of 28 taken at MSC in no fewer than two semesters).
- 40 upper division credits (A minimum of 15 taken at the 300-400 course levels 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.
- A student must follow the MSC graduation requirements either from 1) the program sheet for the major in effect at the time the student officially declares a major; or 2) a program sheet for the major approved for a year subsequent to the year during which the student officially declares the major and is approved for the student by the department head. Because a program may have requirements specific to the degree, the student should check with the faculty advisor for additional criteria. It is the student's responsibility to be aware of, and follow, all requirements for the degree being pursued. Any exceptions or substitutions must be approved by the student's faculty advisor and 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			

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)

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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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FOUNDATION COURSES (4 semester hours)

BIOL 209	Human Anatomy and Physiology	3			
BIOL 209L	Human Anatomy and Physiology Lab	1			

KINESIOLOGY MAJOR – ADAPTED PHYSICAL EDUCATION CONCENTRATION REQUIREMENTS

(54-57 semester hours) For students taking classes prior to Summer 2006, these classes were taught under the HPWA prefix.

Required Core Courses (18-21 semester hours)

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 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 (36 semester hours)

FLSL 111	American Sign Language I	3			
FLSL 112	American Sign Language II	3			
PSYC 340	Abnormal Psychology.	3			
KINE 211	Methods of Lifetime, Individual & Dual Activities	3			
KINE 251	Water Safety Instructor	3			
KINE 301	Tests and Measurements	3			
KINE 360	Motor Learning	3			
KINE 415	Physical Activity & Aging	3			
KINE 480	Inclusive Physical Activity	3			
KINE 499	Internship	6			

One course selected from PSYC 233, PSYC 310, PSYC 330, PSYC 350 or KINE 234

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Bachelor of Arts: Kinesiology – Adapted Physical Education
Posted 5/4/10

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	3
KINE 200 History and Phil. of Sport & PE	3	BIOL 209L Human Anatomy and Physiology Lab	1
General Education Fine Arts	3	KINE 213 Appl. Of Phys. Fitness and Ex. Presc.	3
General Education Natural Science	3	MATH 1XX 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 211 Methods of Lifetime, Individual & Dual Activities	3	General Education History	3
FLSL 111 American Sign Language I	3	General Education Social/Behavioral Science	3
General Education Natural Science with Lab	4	FLSL 112 American Sign Language II	3
General Education Social/Behavioral Science	<u>3</u>	KINA Activities (2 courses)	2
Electives	<u>3</u>	*KINE 250 Lifeguard Training OR	
	16	*KINE 265 First Aid & CPR for the Prof Res	3
		ELECTIVES	<u>3</u>
			14-17

*First Aid/CPR Certification required.

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 Inclusive Physical Activity	3
KINE 303 Exercise Physiology	3	KINE 251 Water Safety Instructor	3
KINE 303L Exercise Physiology Lab	1	Electives	<u>3</u>
Electives (if needed)	3		15
Electives or Minor	<u>3</u>		
	14-17		

SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
PSYC 340 Abnormal Psychology	3	KINE 494 Senior Seminar	1
KINE 401 Org/Ad/Legal	3	KINE 499 Internship	6
PSYC or KINE option	3	Electives	<u>7</u>
Elective or Minor	<u>3</u>		14
	12		