

**2011-2012 PETITION/PROGRAM SHEET**  
**Degree: Bachelor of Arts**  
**Major: Kinesiology**  
**Concentration: Fitness and Health Promotion**

**About This Major . . .**

Students enrolled in this concentration should have a strong interest in the sciences as this program applies science to human function. The student will explore exercise physiology, anatomical kinesiology, community health, physical activity and aging, worksite health promotion, and sports nutrition, among other subject areas. Career opportunities include: sports and wellness program instructors and directors; strength coaches for college, university and professional sports\* programs; managers and exercise leaders in corporate wellness programs; nutritionist\*; occupational therapist\*; and personal trainer.

\*Career requires additional post-baccalaureate studies.

Colorado Mesa students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, occupational therapy, physical education and public health.

**POLICIES:**

1. It is your responsibility to determine whether you have met the requirements for your degree. Please see the 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 CMU 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 CMU).
- 2.00 cumulative GPA or higher in all CMU 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.
- A student must follow the CMU 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.
- When filling out the program sheet a course can be used only once.
- See the "Undergraduate Graduation Requirements" in the catalog for additional graduation information.

**GENERAL EDUCATION REQUIREMENTS** (31 semester hours)

See the current 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)

**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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**FOUNDATION COURSES** (4 semester hours)

BIOL 209	Human Anat and Physiology	3	_____	_____
BIOL 209L	Human Anat & Physiology Lab	1	_____	_____

**KINESIOLOGY MAJOR – FITNESS & HEALTH PROMOTION CONCENTRATION REQUIREMENTS**

(56-60 semester hours)

**Required Core Courses** (18-21 semester hours)

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	_____	_____

**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 (32 Semester Hours)**

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 333	Community Health	3	_____	_____
KINE 405	Sports Nutrition	3	_____	_____
KINE 411	Worksite Health Promotion	3	_____	_____
KINE 415	Physical Activity & Aging	3	_____	_____
KINE 480	Inclusive Physical Activity	3	_____	_____
KINE 499	Internship	6	_____	_____

Course No Title Sem.hrs Grade Term/Trns

**Select two courses from the list below** Courses with a lecture and lab are counted as one course. (6-7 Semester Hours)

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

**RESTRICTED ELECTIVES:**

- KINE 370 & 370L Biomechanics (3) / Lab (1)
- KINE 403 Preparation for Strength and Cond Certificate (3)
- KINE 404 Preparation for ACSM HFS Certificate (3)
- KINE 430 Medical Conditions and Pharmacology in Sports (3)
- KINE 487 Structured Research (3)
- KINE 396 or KINE 496 Topics (1-3)

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.) (19-23) semester hours.)

BIOL	203	(Suggested Elective)	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – FITNESS AND HEALTH PROMOTION

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 Colorado Mesa 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 1XX      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 Social/Behavioral Science	3
KINE 260      School & Personal Health	3	KINA XXX      Activity	1
General Education Natural Science with Lab	4	*KINE 265      First Aid & CPR for the Prof Rescuer	3
General Education Humanities	3	OR	
General Education Social/Behavioral Science	<u>3</u>	*KINE 250      Lifeguard Training	3
	16	KINE 297      Practicum	2
		Electives	<u>6</u>
			12-15
		*KINE 250 OR KINE 265 - If no current First aid/CPR Certification	

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 301      Tests and Measurements in Sport & PE	3	KINE 303      Exercise Physiology	3
KINE 309      Anatomical Kinesiology	3	KINE 303L      Exercise Physiology Lab	1
KINE 309L      Anatomical Kinesiology Lab	1	KINE 415      Physical Activity & Aging	3
KINE 333      Community Health	3	KINE Option	3-4
KINA XXX      Activity	1	Electives or Minor	3
Electives or Minor	<u>5</u>	KINE 411      Worksite Health Promotion	<u>3</u>
	16		16-17

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 401      Org/Ad/Legal of PE/Sport	3	KINE 494      Senior Seminar	1
KINE 405      Sports Nutrition	3	KINE          Option	3-4
KINE 480      Inclusive Physical Activity	3	KINE 499      Internship	6
KINE Option	3-4	Elective or Minor	<u>2-6</u>
Electives	<u>3</u>		12-17
	12-16		

**NOTE: 120 credit hours are required for graduation**