



2012-2013 PETITION/PROGRAM SHEET
Degree: Bachelor of Arts
Major: Kinesiology
Concentration: Adapted Physical Education

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*. Colorado Mesa students frequently continue their study towards graduate or professional degrees at other universities.

For more information on what you can do with this major, go to <http://www.coloradomesa.edu/career/whatmajor.html>.

*Career requires additional post-baccalaureate studies.

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).

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:

- 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
- 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 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.
- 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)

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

_____	_____	_____	_____	_____	_____
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Natural Sciences (7 semester hours, one course must include alab)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	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)

BIOL209	Human Anatomy and Physiology	3	_____	_____	_____
BIOL209L	Human Anatomy and Physiology Lab	1	_____	_____	_____

KINESIOLOGY MAJOR – ADAPTED PHYSICAL EDUCATION CONCENTRATION REQUIREMENTS

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

Required Core Courses (18-21 semester hours)

KINE200	History & Philosophy of Sport & Physical Education	3	_____	_____	_____
KINE213	Applications of Physical Fitness & Exercise Prescription	3	_____	_____	_____
KINE303	Exercise Physiology	3	_____	_____	_____
KINE303L	Exercise Physiology Lab	1	_____	_____	_____
KINE309	Anatomical Kinesiology	3	_____	_____	_____
KINE309L	Anatomical Kinesiology Lab	1	_____	_____	_____
KINE401	Org/Ad/Legal Considerations of PE and Sports	3	_____	_____	_____
KINE494	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	_____	_____	_____
KINE211	Methods of Lifetime, Individual & Dual Activities	3	_____	_____	_____
KINE251	Water Safety Instructor	3	_____	_____	_____
KINE301	Health and Fitness Assessment	3	_____	_____	_____
KINE360	Motor Learning	3	_____	_____	_____
KINE415	Physical Activity& Aging	3	_____	_____	_____
KINE480	Inclusive Physical Activity	3	_____	_____	_____
KINE499	Internship	6	_____	_____	_____

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

_____	_____	3	_____	_____	_____
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Course No	Title	Sem.hrs	Grade	Term/Trns	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 hours to 120 hours.) (22-25 semester hours; 4-7 additional upper division hours are needed.)					_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

**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 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	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 110 or higher	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	3	*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 Health and Fitness Assessment	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		