



**2012-2013 PETITION/PROGRAM SHEET**  
**Degree: Bachelor of Arts**  
**Major: Kinesiology**  
**Concentration: K-12 Teaching**

**About This Major . . .**

Students will be prepared to teach elementary, middle, and high school physical education. The degree plan includes coursework covering human anatomy and physiology, team and individual sports, exercise science, and teaching methods courses. Students will gradually accumulate over 200 hours of classroom experience before beginning student teaching. School districts throughout Western Colorado provide opportunities to gain experience with children of all ages and backgrounds in a variety of school settings.

Before being admitted into the Teacher Education program, the following courses must be completed with a grade of B or better: ENGL 111, ENGL 112, SPCH 102, PSYC 233, and EDUC 211. (English honors may be substituted for ENGL 111 and 112.) A grade of C or better is required for MATH 110. Also, a minimum cumulative GPA of 2.8 (including transfer and CMU coursework) is required of all students for admission into the program.

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

**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 may 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 Content 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).
- 2.80 cumulative GPA or higher in all CMU coursework
- 2.80 cumulative GPA or higher in coursework toward the major content area
- A cumulative grade point average of 2.8 or higher must be maintained for each of 3 areas: content courses, education courses and overall GPA.
- 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.
- Students must PASS the PLACE exam in the content area prior to commencing the internship. Also, ALL other coursework toward the degree must be successfully completed prior to the internship.

**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
<b>English</b> (6 semester hours, must receive a grade of "B" 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 \_\_\_\_\_

**Humanities** (3 semester hours)

\_\_\_\_\_

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

PSYC233 Human Growth & Development 3 \_\_\_\_\_  
(must receive a grade of "B" or better)

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

\_\_\_\_\_

\_\_\_\_\_

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**History** (3 semester hours)

HIST \_\_\_\_\_

Course No	Title	Sem.hrs	Grade	Term
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**Fine Arts** (3 semester hours)

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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)

*SPCH102	Speechmaking	3	_____	_____
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\*Must earn a "B" or higher

**FOUNDATION COURSES**(4-7 semester hours)

BIOL209	Human Anatomy and Physiology	3	_____	_____
BIOL209L	Human Anatomy and Physiology Lab	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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**KINESIOLOGY MAJOR – LEADING TO K-12**

**CONCENTRATION & LICENSURE REQUIREMENTS**(55-57 semester hours) For students taking classes prior to Summer 2006, KINE classes were taught under the HPWA prefix.

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

KINE200	Hist. & 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	_____	_____

**Required Concentration Courses** (37-39 Semester Hours)

KINE211	Methods of Lifetime, Individual & Dual Activities	3	_____	_____
KINE214	Methods of Team Activities	3	_____	_____
KINE220	Methods of Dance and Gymnastics	3	_____	_____
KINE234	Prevention & Care of Athletic Injuries	3	_____	_____
KINE256	Creative Play and Literacy	3	_____	_____
KINE260	School Health Education	3	_____	_____
KINE301	Health and Fitness Assessment	3	_____	_____
KINE320	Methods of Teaching Elementary PE	3	_____	_____

Course No	Title	Sem Hrs	Grade	Term
KINE360	Motor Learning	3	_____	_____
KINE 480	Inclusive Physical Activity	3	_____	_____
KINE408	Methods of Teaching Secondary PE	3	_____	_____
KINE497	Pre-Internship in Physical Education	3	_____	_____
One course selected from KINA101 or KINA102 or KINE 251				
KINA 101	Beginning Swimming	1	_____	_____
KINA 102	Intermediate Swimming	1	_____	_____
KINE 251	Water Safety Instructor Course	3	_____	_____

Course No	Title	Sem Hrs	Grade	Term
<b>Electives</b> (All college level courses appearing on your final transcript, <b>not listed above</b> that will bring your total semester hours to 120 hours.) 0-4 semester hours.				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**K-12 Licensure Requirements** (20 Semester Hours)

\*Prerequisites: ENGL 111 & 112 (or ENGL 129), SPCH 102, PSYC 233, EDUC 211 (All with grade of “B” or higher) and MATH 110 or higher (with grade of “C” or higher) and formal acceptance to the Teacher Education Program

Course No	Title	Sem.hrs	Grade	Term	
EDUC211	Foundations of Education	2	_____	_____	20 Field Experience Hours
EDUC342*	Pedagogy & Assessment: Secondary/K-12	3	_____	_____	20 Field Experience Hours
EDUC343*	Teaching to Diversity	3	_____	_____	20 Field Experience Hours
EDUC499D*	Teaching Internship/Colloq.: Elementary	6	_____	_____	300 Field Experience Hours
EDUC499H*	Teaching Internship/Colloq.: Secondary	6	_____	_____	300 Field Experience Hours

**\*\*All EDUC prefix courses listed above must be completed with a grade of B or better to progress through the program sequence.**

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – LEADING TO K-12 TEACHER LICENSURE

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	ENGL 112	English Composition
KINE 100	Health and Wellness	KINE 213	Appl. Phys. Fit & Exercise Prescription
KINE 200	Hist./Phil. Human Performance	BIOL 209	Human Anatomy and Physiology
General Education	History	BIOL 209L	Human Anatomy and Physiology Lab
General Education	Natural Science	Math 110 or higher	Math Requirement
General Education	Fine Arts	SPCH 102	Speechmaking
	<u>3</u>		<u>3</u>
	16		16

### SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 211	Methods of Lifetime, Individual& Dual Activities	KINE 260	School Health Education
General Education	Social/Behavioral Science	General Education	Humanities
	3	*EDUC 211	Foundations of Education
General Education	Natural Science with lab	KINA	Activity
PSYC 233	Human Growth and Development	KINE 220	Methods of Dance &Gymnastics
KINE 234	Prevention/Care of Athletic Injuries	**KINE 250	Lifeguard Training
	3	OR **KINE 265	First Aid and CPR for the Prof Rescuer
	16	Electives (if needed)	<u>1</u>
			12-16

\*Must be taken prior to acceptance into the Teacher Education Program. Offered in summer, fall and spring semesters.

\*\*Must take KINE 250 or KINE 265 - If no current First Aid/CPR Certification

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 309	Anatomical Kinesiology	KINE 256	Creative Play/Literacy
KINE309L	Anatomical Kinesiology Lab	KINE 214	Methods of Team Activities
KINE 320	Elementary School P.E.	EDUC 343	Teaching to Diversity
KINE 360	Motor Learning	EDUC 342	Ped. and Assess.: Secondary and K-12
KINE 401	Org/Ad/Legal Consid in P.E.	KINA	Activity
KINE 301	Health and Fitness Assessment	KINE 251	Water Safety Instructor
	<u>3</u>	or KINA 101	Beginning Swimming
	16	or KINA 102	Intermediate Swimming
			<u>1</u>
			14-16

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 303	Exercise Physiology AND	EDUC 499D	Teaching Internship/Colloq.:Elementary
KINE 303L	Exercise Physiology Lab	EDUC 499H	Teaching Internship/Colloq.:Secondary
KINE 480	Inclusive Physical Activity		<u>6</u>
KINE 408	Methods Teaching Secondary		12
KINE 494	Senior Seminar		
KINE 497	Pre-Internship		
Electives (if needed)	<u>3</u>		
	14-17		