

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 begin studies with science courses such as physics, general chemistry, and human anatomy & physiology. Continued studies will include courses such as: exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, medical conditions and pharmacology, and sports nutrition, among other subject areas. This major is designed to prepare students for graduate programs such as: physical therapy, physician's assistant, occupational therapy, and exercise physiology.

Colorado Mesa 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 and public health.

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 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)
- 40 upper division credits (A minimum of 15 taken 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.
- When filling out the program sheet a course can be used only once.
- 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.
- 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
-----------	-------	---------	-------	------

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: (3 semester hours, must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.)

MATH 113	College Algebra	4*	_____	_____
----------	-----------------	----	-------	-------

*3 credits apply to the General Ed requirements and 1 credit applies to elective credit

Humanities (3 semester hours)

Social and Behavioral Sciences (6 semester hours) - PSYC 233 Human Growth and Development (suggested)*

Natural Sciences (7 semester hours, one course must include a lab) – PHYS 111, 111L General Physics and Lab, PHYS 112, 112L General Physics and Lab (suggested)*

_____ L _____

*Although these are suggested courses for general education, these courses are required as prerequisites for the majority of graduate programs in physical therapy.

History (3 semester hours)

HIST	_____	_____	_____	_____
------	-------	-------	-------	-------

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

Fine Arts (3 semester hours)

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)

FOUNDATION COURSES (12 Semester Hours)

STAT 200	Probability and Statistics	3	_____	_____
----------	----------------------------	---	-------	-------

BIOL 209	Human Anatomy and Phys	3	_____	_____
----------	------------------------	---	-------	-------

BIOL 209L	Human Anatomy&Phys Lab	1	_____	_____
-----------	------------------------	---	-------	-------

CHEM 131	General Chemistry	4	_____	_____
----------	-------------------	---	-------	-------

CHEM 131L	General Chemistry Lab	1	_____	_____
-----------	-----------------------	---	-------	-------

EXERCISE SCIENCE MAJOR REQUIREMENTS (57 semester hours) Must pass all courses with a grade of "C" or higher.

CHEM 132	General Chemistry	4	_____	_____
----------	-------------------	---	-------	-------

CHEM 132L	General Chemistry Lab	1	_____	_____
-----------	-----------------------	---	-------	-------

BIOL 409	Gross & Devel. Human Anatomy	2	_____	_____
----------	------------------------------	---	-------	-------

BIOL 409L	Gross & Devel. Human Anat Lab	2	_____	_____
-----------	-------------------------------	---	-------	-------

BIOL 341	General Physiology	3	_____	_____
----------	--------------------	---	-------	-------

BIOL 341L	General Physiology Lab	1	_____	_____
-----------	------------------------	---	-------	-------

KINE 200	History and Phil of Sport & PE	3	_____	_____
----------	--------------------------------	---	-------	-------

KINE 213	Appl of Phy Fit & Ex Presc	3	_____	_____
----------	----------------------------	---	-------	-------

KINE 234	Prevention & Care of Ath Inj	3	_____	_____
----------	------------------------------	---	-------	-------

KINE 265	First Aid & CPR for the	_____	_____	_____
----------	-------------------------	-------	-------	-------

	Professional Rescuer	3	_____	_____
--	----------------------	---	-------	-------

KINE 303	Ex Physiology	3	_____	_____
----------	---------------	---	-------	-------

KINE 303L	Ex Physiology Lab	1	_____	_____
-----------	-------------------	---	-------	-------

KINE 309	Anatomical Kinesiology	3	_____	_____
----------	------------------------	---	-------	-------

KINE 309L	Anatomical Kinesiology Lab	1	_____	_____
-----------	----------------------------	---	-------	-------

KINE 370	Biomechanics	3	_____	_____
----------	--------------	---	-------	-------

KINE 370L	Biomechanics Lab	1	_____	_____
-----------	------------------	---	-------	-------

KINE 401	Org/Adm/Legal Cons of PE	3	_____	_____
----------	--------------------------	---	-------	-------

KINE 403	Advanced Strength and Conditioning	_____	_____	_____
----------	------------------------------------	-------	-------	-------

OR		3	_____	_____
--------	--	---	-------	-------

KINE 404	Clinical Exercise Physiology	_____	_____	_____
----------	------------------------------	-------	-------	-------

	and Advanced Exercise Prescription	_____	_____	_____
--	------------------------------------	-------	-------	-------

		3	_____	_____
--	--	---	-------	-------

KINE 405	Sport Nutrition	3	_____	_____
----------	-----------------	---	-------	-------

KINE 415	Physical Activity & Aging	3	_____	_____
----------	---------------------------	---	-------	-------

KINE 487	Structured Research	3	_____	_____
----------	---------------------	---	-------	-------

KINE 494	Senior Seminar	1	_____	_____
----------	----------------	---	-------	-------

KINE 499	Internship	4	_____	_____
----------	------------	---	-------	-------

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

Suggested Electives

Graduate or Professional Schools in Exercise Science, Physical Therapy (PT), Occupational Therapy (OT), and Physician Assistant (PA) programs often have their own unique prerequisites that are not part of the exercise science major requirements. Students need to check the prerequisites required for the specific schools for which they plan to apply for admission. The prerequisites could include any or all of the following:

General Biology and Lab; Organic Chemistry; Biochemistry; Medical Terminology; Abnormal Psychology; Cell Biology; Trigonometry or Calculus; Microbiology; Pathophysiology

*MATH 113 College Algebra

1

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

SUGGESTED COURSE SEQUENCING FOR A MAJOR IN 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 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 200	History and Phil of Sport and PE	3
Gen Ed	Social/Behavioral Science	3	Gen Ed	Applied Studies	3
Gen Ed	History	3	BIOL 209	Human Anatomy and Physiology	3
Gen Ed	Fine Arts	3	BIOL 209L	Human Anatomy and Physiology Lab	1
MATH 113	College Algebra	4	STAT 200	Probability and Statistics	3
		17			16

SOPHOMORE YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 234	Prevention & Care of Ath Injuries	3	KINE 213	Appl of Phys Fitness and Ex Presc	3
PHYS 111	General Physics and	4	Gen Ed	Humanities	3
PHYS 111L	General Physics Lab **OR**	1	PHYS 112	General Physics and	4
Gen Ed	Natural Science and	(3)	PHYS 112L	General Physics Lab **OR**	1
Gen Ed	Natural Science Lab	(1)	Gen Ed	Natural Science	(3)
PSYC 233	Human Growth &Dev **OR**	3	CHEM 132	General Chemistry	4
Gen Ed	Social/Behavioral Science	(3)	CHEM 132L	General Chemistry Lab	1
CHEM 131	General Chemistry	4			14-16
CHEM 131L	General Chemistry Lab	1			
		15-16			

JUNIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 303	Exercise Physiology	3	KINE 265	First Aid and CPR for the Professional Rescuer	3
KINE 303L	Exercise Physiology Lab	1	KINE 415	Physical Activity & Aging	3
KINE 401	Org/Ad/Legal of PE/Sport	3	KINE 370	Biomechanics	3
BIOL 409	Gross &Devel. Human Anatomy	2	KINE 370L	Biomechanics Lab	1
BIOL 409L	Gross &Devel. Human Anat. Lab	2	BIOL 341	General Physiology	3
KINA 1XX	Activity	1	BIOL 341L	General Physiology Lab	1
KINA 1XX	Activity	1	Electives	if needed	3
		13			17

SENIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 309	Anatomical Kinesiology	3	KINE 403	Advanced Strength and Conditioning **OR**	3
KINE 309L	Anatomical Kinesiology Lab	1	KINE 404	Clinical Exercise Physiology and Advanced Exercise Prescription	3
KINE 405	Sports Nutrition	3	KINE 494	Senior Seminar	1
KINE 487	Structured Research	3	KINE 499	Internship	4
Electives		6	Electives		4
		16			12