



2013-2014 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.

All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

- 1 Describe and apply physiological and biomechanical concepts related to movement and be able to communicate and formulate conclusions about the results. (Communication Fluency)
- 2 Describe and apply motor development theory and principles related to skillful movement, physical activity, and fitness. (Applied Learning)
- 3 Identify the scope and definitions of health, fitness, and human performance using both qualitative and quantitative assessments past and present. (Specialized Knowledge)
- 4 Plan, develop, and implement, and apply developmentally appropriate learning experiences that address the diverse needs of all individuals. (Applied Learning)
5. Use qualitative and quantitative assessments to evaluate student learning before, during, and after instruction. (Quantitative Fluency)

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 have read and understand the policies listed on the last page of this 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 |
|-----------|-------|---------|-------|------|------|
|-----------|-------|---------|-------|------|------|

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 | _____ | _____ | _____ | _____ | _____ |
|--------|-------|-------|-------|-------|-------|

Humanities (3 semester hours)

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

(suggested – PSYC 150 –General Psychology)

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|-------|-------|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |

Natural Sciences (7 semester hours, one course must include a lab)

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| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | L | _____ | _____ | _____ | _____ |

History (3 semester hours)

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| HIST | _____ | _____ | _____ | _____ | _____ |
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Fine Arts (3 semester hours)

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| _____ | _____ | _____ | _____ | _____ | _____ |
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| Course No | Title | Sem.hrs | Grade | Term | Trns |
|-----------|-------|---------|-------|------|------|
|-----------|-------|---------|-------|------|------|

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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|-------|-------|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ | _____ | _____ |
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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

(56-59 semester hours) For students taking classes prior to Summer 2006, these classes were taught under the HPWA prefix.

Required Core Courses (17-20 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 | _____ | _____ | _____ |
| 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

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|------|-------|---|-------|-------|-------|
| KINE | _____ | 3 | _____ | _____ | _____ |
|------|-------|---|-------|-------|-------|

Required Concentration Courses (39semester hours)

| | | | | | |
|----------|---|---|-------|-------|-------|
| PSYC 340 | Abnormal Psychology. | 3 | _____ | _____ | _____ |
| KINE211 | Methods of Lifetime, Individual & Dual Activities | 3 | _____ | _____ | _____ |
| KINE 234 | Prevention & Care of Ath Inj | 3 | _____ | _____ | _____ |
| KINE251 | Water Safety Instructor | 3 | _____ | _____ | _____ |
| KINE301 | Health and Fitness Assessment | 3 | _____ | _____ | _____ |
| KINE360 | Motor Learning | 3 | _____ | _____ | _____ |
| KINE 410 | Rehabilitative Exercises | 3 | _____ | _____ | _____ |
| KINE415 | Physical Activity& Aging | 3 | _____ | _____ | _____ |
| KINE480 | Inclusive Physical Activity | 3 | _____ | _____ | _____ |
| KINE499 | Internship | 6 | _____ | _____ | _____ |

Two courses selected from FLSL 111, FLSL 112, KINE 333 PSYC 233, PSYC 310, PSYC 330, PSYC 350

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|-------|-------|---|-------|-------|-------|
| _____ | _____ | 3 | _____ | _____ | _____ |
| _____ | _____ | 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 hours to 120 hours.) 20 – 23 hours. Depending on the courses taken to satisfy the concentration requirement - Up to 5 hours of upper division electives may be required.

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| Course No | Title | Sem.hrs | Grade | Term/Trns |
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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 |
| KINE 234 Prevention and Care of Ath Inj | 3 | General Education Social/Behavioral Science | 3 |
| General Education Natural Science with Lab | 4 | KINA Activities (2 courses) | 2 |
| General Education Social/Behavioral Science (suggested PSCY150) | 3 | KINE 251 Water Safety Instructor Course | 3 |
| Electives | <u>3</u> | *KINE 250 Lifeguard Training OR | 3 |
| | 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 360 Motor Learning | 3 | KINE 410 Rehabilitative Exercises | 3 |
| KINE 303 Exercise Physiology | 3 | KINE 415 Physical Activity and Aging | 3 |
| KINE 303L Exercise Physiology Lab | 1 | KINE 480 Inclusive Physical Activity | 3 |
| Electives or Minor | <u>6</u> | Electives | <u>3</u> |
| | 16 | | 15 |

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 |
| FLSL, PSYC or KINE option | 3 | FLSL, PSYC or KINE option | 3 |
| Elective or Minor | <u>3</u> | Electives | <u>4</u> |
| | 12 | | 14 |

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).