2013-2014 PETITION/PROGRAM SHEET
Degree: Bachelor of Science
Major: Exercise Science

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.

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. Identify and evaluate the principal systems of the human body and describe the functions of each system from both a physical and molecular level. (Specialized Knowledge)
2. Describe individual body systems and critically evaluate how they are interrelated. (skeletal, nervous, respiratory...cardiovascular) (Specialized Knowledge)
3. Identify risk factors associated with chronic disease. (Specialized Knowledge)
4. Identify the scope and definitions of human performance using both qualitative and quantitative assessments, past and present. (Critical Thinking)
5. Describe procedures and/or statistical analyses for physiological assessments. (Quantitative Fluency)
6. Demonstrate and apply biomechanical principles to movement and be able to communicate and formulate conclusions about the results. (Applied Learning)
7. Demonstrate communication fluency in written and oral presentations using specialized knowledge. (Communication 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.

_____ 20_____
Signature of Advisor Date

_____ 20_____
Signature of Department Head Date

_____ 20_____
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)
- 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 (31semester hours)
Seethe 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: MATH 113 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 113	College Algebra	4*	_____	_____

*3 credits apply to the General Ed requirements and additional credit(s) will apply 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(59semester 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. HumanAnat 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 OR Current Card	3	____	_____
KINE 301	Health and Fitness Assessment	3	____	_____
KINE 303	Ex Physiology	3	_____	_____
KINE 303L	Ex Physiology Lab	1	_____	_____
KINE 309	Anatomical Kinesiology	3	_____	_____
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	3	_____	_____

Electives (12semester 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 301	Health and Fitness Assessment	3	KINE 265	First Aid and CPR for the Professional Rescuer* OR Current Card	3
KINE 303	Exercise Physiology	3			
KINE 303L	Exercise Physiology Lab	1	KINE 415	Physical Activity & Aging	3
KINE 309	Anatomical Kinesiology	3	KINE 370	Biomechanics	3
KINE 401	Org/Ad/Legal of PE/Sport	3	KINE 370L	Biomechanics Lab	1
KINA 1XX	Activity	1	BIOL 341	General Physiology	3
KINA 1XX	Activity	1	BIOL 341L	General Physiology Lab	1
		15	Electives	if needed	3
					14-17

SENIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
BIOL 409	Gross & Devel. Human Anatomy	2	KINE 404	Clinical Ex Phys and Adv Ex Prescript (If not planning on taking KINE 403)	3
BIOL 409L	Gross & Devel. Human Anat Lab	2	KINE 487	Structured Research	3
KINE 403	Advanced Strength & Cond (If not planning on taking KINE 404)	3	KINE 494	Senior Seminar	1
KINE 405	Sports Nutrition	3	KINE 499	Internship	3
Electives		6	Electives		3
		13-16			10-13

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).