



**2014-2015 PETITION/PROGRAM SHEET**  
**Degree: Bachelor of Arts**  
**Major: Kinesiology**  
**Concentration: Fitness and Health Promotion**

**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 explore exercise physiology, anatomical kinesiology, community health, physical activity and aging, worksite health promotion, and sports nutrition, among other subject areas. Career opportunities include: sports and wellness program instructors and directors; strength coaches for college, university and professional sports\* programs; managers and exercise leaders in corporate wellness programs; nutritionist\*; occupational therapist\*; and personal trainer.

\*Career requires additional post-baccalaureate studies.

Colorado Mesa students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, 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. Evaluate the functions of the individual body systems. (Specialized Knowledge)
2. Identify risk factors associated with chronic disease. (Specialized Knowledge)
3. Identify exercise cautions and other safety concerns. (Critical Thinking)
4. Identify the scope and definitions of health, fitness, and human performance, with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
5. Describe and communicate how physical activity relates to health. (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.

\_\_\_\_\_  
 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 (Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher).
- 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
- 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.
- 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.
- When filling out the program sheet a course can be used only once.
- 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)

_____	_____	_____	_____	_____	_____
-------	-------	-------	-------	-------	-------

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

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

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

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	L	_____	_____	_____	_____

**History**(3 semester hours)

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

**Fine Arts** (3 semester hours)

_____	_____	_____	_____	_____	_____
-------	-------	-------	-------	-------	-------

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)

_____	_____	_____	_____	_____	_____
-------	-------	-------	-------	-------	-------

**FOUNDATION COURSES** (7 semester hours)

BIOL 203	Human Nutrition	3	_____	_____	_____
BIOL 209	Human Anat and Physiology	3	_____	_____	_____
BIOL 209L	Human Anat & Physiology Lab	1	_____	_____	_____

**KINESIOLOGY MAJOR – FITNESS & HEALTH PROMOTION CONCENTRATION REQUIREMENTS**

(55-59 semester hours)

**Required Core Courses**(17-20 semester hours)

KINE 200	History & Philosophy of Sport & Physical Education	3	_____	_____	_____
KINE 213	Applications of Physical Fitness and Exercise Prescription	3	_____	_____	_____
KINE 303	Exercise Physiology	3	_____	_____	_____
KINE 303L	Exercise Physiology Lab	1	_____	_____	_____
KINE 309	Anatomical Kinesiology	3	_____	_____	_____
KINE 401	Org/Ad/Legal Considerations of PE and Sports	3	_____	_____	_____
KINE 494	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	_____	_____	_____
------	-------	---	-------	-------	-------

**Required Concentration Courses (38-39 Semester Hours)**

KINE 234	Prevention and Care of Athletic Injuries	3	_____	_____	_____
KINE 260	School Health Education	3	_____	_____	_____
KINE 297	Practicum	2	_____	_____	_____
KINE 301	Health and Fitness Assessment	3	_____	_____	_____
KINE 333	Community Health	3	_____	_____	_____
KINE 405	Sports Nutrition	3	_____	_____	_____
KINE 411	Worksite Health Promotion	3	_____	_____	_____
KINE 415	Physical Activity & Aging	3	_____	_____	_____
KINE 480	Inclusive Physical Activity	3	_____	_____	_____
KINE 499	Internship	6	_____	_____	_____

Course No Title Sem.hrs Grade Term/Trns

**Select two courses from the list below** Courses with a lecture and lab are counted as one course. (6-7 Semester Hours)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RESTRICTED ELECTIVES:**

- BIOL 315 Epidemiology
- KINE 370 & 370L Biomechanics (3) / Lab (1)
- KINE 403 Advanced Strength and Conditioning (3)
- KINE 404 Clinical Exercise Physiology and Advanced Exercise Prescription (3)
- KINE 430 Medical Conditions and Pharmacology in Sports (3)
- KINE 487 Structured Research (3)
- KINE 396 or KINE 496 Topics (1-3)
- PSYC 401 Sport Psychology

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 semester hours to 120 hours.) (17-21) semester hours.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – FITNESS AND HEALTH PROMOTION

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 213 Appl.Of Phys. Fitness and Ex. Presc.	3
KINE 200 History and Phil. of Sport & PE	3	MATH 110 or higher	3
General Education History	3	General Education Applied Studies	3
General Education Fine Arts	3	BIOL 209 Human Anatomy and Physiology	3
General Education Natural Science	<u>3</u>	BIOL 209L Human Anatomy and Physiology Lab	<u>1</u>
	16		16

### SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234 Prevention and Care of Athletic Injuries	3	General Education Social/Behavioral Science	3
KINE 260 School Health Education	3	BIOL 203 Human Nutrition	3
General Education Natural Science with Lab	4	KINA XXX Activity	1
General Education Humanities	3	*KINE 265 First Aid & CPR/AED for the Health Care Provider	3
General Education Social/Behavioral Science	<u>3</u>		
	16	OR	
		*KINE 250 Lifeguard Training	3
		KINE 297 Practicum	2
		Electives	<u>3</u>
			12-15
		*KINE 250 OR KINE 265 - If no current First Aid/CPR Certification	

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 301 Health and Fitness Assessment	3	KINE 309 Anatomical Kinesiology	3
KINE 303 Exercise Physiology	3	KINE 415 Physical Activity & Aging	3
KINE 303L Exercise Physiology Lab	1	KINE Option OR ELECTIVES	3-4
KINE 333 Community Health	3	Electives or Minor	3
KINA XXX Activity	1	KINE 411 Worksite Health Promotion	<u>3</u>
Electives or Minor	<u>5</u>		15-16
	16		

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 401 Org/Ad/Legal of PE/Sport	3	KINE 494 Senior Seminar	1
KINE 405 Sports Nutrition	3	KINE Option	3-4
KINE 480 Inclusive Physical Activity	3	KINE 499 Internship	6
Electives OR KINE Option	<u>3-4</u>	Elective or Minor	<u>2-6</u>
	12-13		12-17

**NOTE: 120 credit hours are required for graduation**

#### **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).