



2014-2015 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. Evaluate the functions of the individual body systems. (Specialized Knowledge)
2. Identify risk factors associated with chronic disease. (Specialized Knowledge)
3. Identify the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically. . (Applied Learning, Quantitative Fluency)
4. Describe procedures and/or statistical analyses for physiological assessments. (Quantitative Fluency)
5. Apply biomechanical principles to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)
6. Demonstrate the ability to clearly communicate 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.

 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 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
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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*	_____	_____
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*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 (59 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/AED for the Health Care Provider	3	_____	_____
	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	3	_____	_____
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 (12 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. For example, General Physics is required for most graduate physical therapy programs. 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; General Physics I & II, 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	3	ENGL 112	3
KINE 100	1	KINE 213	3
KINE 200	3	Gen Ed	3
KINA 1XX	1		**OR**
PHYS 111	4	PSYC 233	3
PHYS 111L	1	Gen Ed	3
		PHYS 112	4
		PHYS 112L	1
Gen Ed	3		**OR**
Gen Ed	1	Gen Ed	3
MATH 113	4	Gen Ed	1
	16-17		16-17

SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234	3	KINE 301	3
BIOL 209	3	Gen Ed	3
BIOL 209L	1	Gen Ed	3
STAT 200	3	CHEM 132	4
CHEM 131	4	CHEM 132L	1
CHEM 131L	1		14
	15		

JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 303	3	KINE 265	3
KINE 303L	1		* OR Current Card
KINE 309	3	KINE 415	3
KINE 401	3	KINE 370	3
KINA 1XX	1	KINE 370L	1
Gen Ed	2	BIOL 341	3
Electives	3	BIOL 341L	1
	17	Gen Ed	3
			17

SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
BIOL 409	2	KINE 404	3
BIOL 409L	2		(If not planning on taking KINE 403)
KINE 403	3	KINE 487	3
		KINE 494	1
		KINE 499	3
KINE 405	3	Electives	3-6
Electives	6		13-16
	13-16		

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).