About This Minor . . .

Students enrolled in the Personal Training minor should have a strong interest in fitness, health promotion, and personal training. Students will engage in practical experiences that will help them with the possibility of a future career in personal training. Students will explore subject areas that include: anatomy, physiology, kinesiology, applications of physical fitness, and exercise physiology.

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 may 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 Personal Training 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. See the “Undergraduate Graduation Requirements” in the catalog for additional graduation information.

Minor Requirements:

- At least 33 percent of the credit hours required for the minor must be in courses numbered 300 or above.
- 2.00 cumulative GPA or higher in the minor is required.
- The number of minors a student may receive at Colorado Mesa University shall not exceed two.
- 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.

### REQUIRED COURSES (24 Semester Hours)

See the current catalog for a list of courses that fulfill the requirements below.

<table>
<thead>
<tr>
<th>Course No</th>
<th>Title</th>
<th>Sem.hrs</th>
<th>Grade</th>
<th>Term/Trns</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 209</td>
<td>Human Anat &amp; Physiology</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 209L</td>
<td>Human Anat &amp; Physiology Lab</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE 213</td>
<td>Applications of Physical Fitness &amp; Exercise Prescription</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE 234</td>
<td>Prevention &amp; Care of Athletic Injuries</td>
<td>3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Course No | Title                              | Sem.hrs | Grade | Term/Trns |
---------|------------------------------------|---------|-------|-----------|
KINE 297 | Practicum                          | 1       |       |           |
KINE 301 | Fitness and Health Assessment      | 3       |       |           |
KINE 303 | Physiology of Exercise             | 3       |       |           |
KINE 303L| Physiology of Exercise Lab         | 1       |       |           |
KINE 309 | Anatomical Kinesiology             | 3       |       |           |
KINE 405 | Sports Nutrition                   | 3       |       |           |

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

<table>
<thead>
<tr>
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<th>Title</th>
<th>Sem.hrs</th>
<th>Grade</th>
<th>Term/Trns</th>
</tr>
</thead>
</table>
KINE 265   |              | 3       |       |           |
KINE 250   |              | 3       |       |           |