



2015-2016 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 physiological and biomechanical concepts related to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)
2. Apply motor development theory and principles related to skillful movement, physical activity, and fitness. (Communication Fluency, 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. Develop developmentally appropriate learning experiences that address the diverse needs of all individuals. (Applied Learning)
5. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, 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__

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
- 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.
- Essential Learning Capstone should be completed between 45 and 75 hours.
- See the "Undergraduate Graduation Requirements" in the catalog for additional graduation information.

ESSENTIAL LEARNING REQUIREMENTS (31 semester hours)
 See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning 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 _____	_____	_____	_____
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Humanities (3 semester hours)

_____	_____	_____	_____
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Social and Behavioral Sciences (6 semester hours)
 (Suggested – PSYC 150 –General Psychology)

_____	_____	_____	_____
_____	_____	_____	_____

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

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

History (3 semester hours)

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

_____	_____	_____	_____
_____	_____	_____	_____

Course No Title Sem.hrs Grade Term/Trns

WELLNESS REQUIREMENT (3 semester hours)

KINE 100 Health and Wellness	1	_____	_____
KINA 1 _____	1	_____	_____
KINA 1 _____	1	_____	_____

ESSENTIAL LEARNING CAPSTONE (4 semester hours)

ESSL 290 Maverick Milestone (see English & math pre-reqs)	3	_____	_____
ESSL 200 Essential Speech (co-requisite)	1	_____	_____

FOUNDATION COURSES (7-10 semester hours)

BIOL 209 Human Anatomy and Physiology	3	_____	_____
BIOL 209L Human Anatomy and Physiology Lab	1	_____	_____
KINE 234 Prevention and Care of Athletic Injuries	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	_____	_____	_____
KINE _____	3	_____	_____

KINESIOLOGY MAJOR – ADAPTED PHYSICAL EDUCATION CONCENTRATION REQUIREMENTS

(53 semester hours)

Required Core Courses (17 semester hours)

KINE 200 History & Philosophy of Sport & Physical Education	3	_____	_____
KINE 213 Applications of Physical Fitness & 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	_____	_____

Required Concentration Courses (36 semester hours)

PSYC 340 Abnormal Psychology	3	_____	_____
KINE 211 Methods of Lifetime, Individual & Dual Activities	3	_____	_____
KINE 251 Water Safety Instructor	3	_____	_____
KINE 301 Health and Fitness Assessment	3	_____	_____
KINE 360 Motor Learning	3	_____	_____
KINE 410 Rehabilitative Exercises	3	_____	_____
KINE 415 Physical Activity & Aging	3	_____	_____
KINE 480 Inclusive Physical Activity	3	_____	_____
KINE 499 Internship	6	_____	_____

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

_____	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.) 19-22 hours. Depending on the courses taken to satisfy the concentration requirement - Up to 5 hours of upper division electives may be required.

Course No	Title	Sem.hrs	Grade	Term/Trns

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
Essential Learning Fine Arts	3	KINE 213 Appl. of Phys. Fitness and Ex. Presc.	3
Essential Learning Natural Science	3	MATH 110 or higher	3
Essential Learning Humanities	<u>3</u>	Essential Learning Social/Beh Science	<u>3</u>
	16		16

SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINA XXX Activity Course	1	Essential Learning History	3
KINE 211 Methods of Lifetime, Individual & Dual Activities	3	ESSL 200 Essential Speech	1
KINE 234 Prevention and Care of Ath Inj	3	ESSL 290 Maverick Milestone	3
Essential Learning Natural Science with Lab	4	KINA Activity Course	1
Essential Learning Social/Behavioral Science (Suggested PSYC 150)	3	KINE 251 Water Safety Instructor Course	3
Electives	<u>3</u>	*KINE 250 Lifeguard Training OR	
	17	*KINE 265 First Aid & CPR/AED for the Health Care Provider	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 (if needed)	<u>4</u>
	12		14

POLICIES:

1. Please see the catalog for a complete list of graduation requirements.
2. 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.** 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. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature. Finally, the Department Head will submit the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
4. 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.
5. NOTE: During your senior year, you will be required to take a capstone exit assessment/project (e.g., Major Field Achievement Test).