



2015-2016 PETITION/PROGRAM SHEET

Degree: Bachelor of Arts

Major: Kinesiology

Concentration: K-12 Teaching

About This Major . . .

Students will be prepared to teach elementary, middle, and high school physical education. The degree plan includes coursework covering human anatomy and physiology, team and individual sports, exercise science, and teaching methods courses. Students will gradually accumulate over 200 hours of classroom experience before beginning student teaching. School districts throughout Western Colorado provide opportunities to gain experience with children of all ages and backgrounds in a variety of school settings.

Before being admitted into the Teacher Education program, the following courses must be completed with a grade of B or better: ENGL 111, ENGL 112, PSYC 233, EDUC 115, and EDUC 215. (English honors may be substituted for ENGL 111 and 112.) A grade of C or better is required for MATH 110. Also, a minimum cumulative GPA of 2.8 (including transfer and CMU coursework) is required of all students for admission into the program.

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. Apply scientific concepts that relate to the development of physically educated individuals. (Critical Thinking)
2. Consistently display competent motor skills and fitness levels. (Applied Learning)
3. Plan and teach developmentally appropriate standard based lesson plans. (Specialized Knowledge)
4. Demonstrate teaching skills and strategies that improve learning for all student abilities. (Communication Fluency)
5. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative Fluency)
6. Demonstrate appropriate attitudes and values (dispositions) that are essential to teachers. (Applied Learning)
7. Instruct K-12 students based on self-written learning plans to address individual learning and developmental patterns. (Specialized Knowledge)
8. Design a safe and supportive learning environment for elementary and secondary education students. (Applied Learning)
9. Apply content knowledge while working with learners to access information in real world settings assuring learner mastery of the content. (Specialized Knowledge)
10. Integrate assessment, planning, and instructional strategies in coordinated and engaging ways through multiple means of communication. (Critical Thinking/ Communication Fluency)
11. Engage in meaningful and intensive professional learning and self-renewal by regularly examining practice through ongoing study, self-reflection, and collaboration. (Applied Learning)

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 Content 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
- 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.
- 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.
- See the "Undergraduate Graduation Requirements" in the catalog for additional graduation information.

**ADDITIONAL K-12 LICENSURE REQUIREMENTS:**

- 2.80 cumulative GPA or higher in all CMU coursework
- 2.80 cumulative GPA or higher in coursework toward the major content area
- All EDUC prefix courses must be completed with a grade of B or better
- Students must PASS the PLACE exam in the content area prior to commencing the internship. Also, ALL other coursework toward the degree must be successfully completed prior to the internship.

**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
<b>English</b> (6 semester hours, must receive a grade of "B" 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)**

PSYC233 Human Growth & Development 3 \_\_\_\_\_

(must receive a grade of "B" or better)

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

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**History (3 semester hours)**

HIST \_\_\_\_\_

Course No	Title	Sem.hrs	Grade	Term
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**Fine Arts (3 semester hours)**

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**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(4-7 semester hours)**

BIOL 209 Human Anatomy and Physiology 3 \_\_\_\_\_

BIOL 209L Human Anatomy and Physiology Lab 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 \_\_\_\_\_

**KINESIOLOGY MAJOR – LEADING TO K-12**

**CONCENTRATION & LICENSURE REQUIREMENTS (51-53 semester hours)**

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

KINE 200 Hist. & 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 (34-36 Semester Hours)**

KINE 211 Methods of Lifetime, Individual & Dual Activities 3 \_\_\_\_\_

KINE 214 Methods of Team Activities 3 \_\_\_\_\_

KINE 234 Prevention & Care of Athletic Injuries 3 \_\_\_\_\_

KINE 256 Methods of Creative Play, Dance, Gymnastics, and Literacy 3 \_\_\_\_\_

KINE 260 School Health Education 3 \_\_\_\_\_

KINE 301 Health and Fitness Assessment 3 \_\_\_\_\_

KINE 320 Methods of Teaching Elementary PE 3 \_\_\_\_\_

Course No	Title	Sem Hrs	Grade	Term
KINE360	Motor Learning	3	_____	_____
KINE 480	Inclusive Physical Activity	3	_____	_____
KINE408	Methods of Teaching Secondary PE	3	_____	_____
KINE497	Pre-Internship in Physical Education	3	_____	_____
One course selected from KINA101 or KINA102 or KINE 251				
KINA 101	Beginning Swimming	1	_____	_____
KINA 102	Intermediate Swimming	1	_____	_____
KINE 251	Water Safety Instructor Course	3	_____	_____

  

Course No	Title	Sem Hrs	Grade	Term
<b>Electives</b> (All college level courses appearing on your final transcript, <b>not listed above</b> that will bring your total semester hours to 120 hours.) 2-7 semester hours. Suggested Electives: KINE 307, KINE 370 & KINE 370L, KINE 335, KINE 342, KINE 403, KINE 405, KINA courses on outdoor activities				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**K-12 Licensure Requirements** (20 Semester Hours)

ENGL 111 & 112 (or ENGL 129), PSYC 233, EDUC 115, EDUC 215 (All with grade of “B” or higher) and MATH 110 or higher (with grade of “C” or higher) and formal acceptance to the Teacher Education Program

Course No	Title	Sem.hrs	Grade	Term	
EDUC 115	What It Means to be a Teacher	1	_____	_____	8 Field Experience Hours
EDUC 215	Teaching as a Profession	1	_____	_____	12 Field Experience Hours
EDUC342	Pedagogy & Assessment: Secondary/K-12	3	_____	_____	20 Field Experience Hours
EDUC343	Teaching to Diversity	3	_____	_____	20 Field Experience Hours
EDUC499D	Teaching Internship/Colloq.: Elementary	6	_____	_____	300 Field Experience Hours
EDUC499H	Teaching Internship/Colloq.: Secondary	6	_____	_____	300 Field Experience Hours

**\*\*All EDUC prefix courses listed above must be completed with a grade of B or better to progress through the program sequence.**

**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).

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – LEADING TO K-12 TEACHER LICENSURE

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. Phys. Fit & Exercise Prescription	3
KINE 200 Hist./Phil. Human Performance	3	BIOL 209 Human Anatomy and Physiology	3
Essential Learning History	3	BIOL 209L Human Anatomy and Physiology Lab	1
Essential Learning Natural Science	3	Math 110 or higher Math Requirement	3
Essential Learning Fine Arts	<u>3</u>	Essential Learning Humanities	3
	16	EDUC 115* What It Means to be a Teacher	<u>1</u>
			17

### SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 211 Methods of Lifetime, Individual & Dual Activities	3	Essential Learning 290 Maverick Milestone	3
Essential Learning Social/Behavioral Science	3	Essential Learning 200 Essential Speech (co-requisite)	1
Essential Learning Natural Science with lab	4	EDUC 215* Teaching as a Profession	1
PSYC 233 Human Growth and Development	3	KINA Activity	1
KINE 234 Prevention/Care of Athletic Injuries	<u>3</u>	KINE 214 Methods of Team Activities	3
	16	KINE 256 Methods of Creative Play, Dance, Gymnastics, and Literacy	3
		KINE 250 Lifeguard Training **OR**	
		KINE 265 First Aid and CPR/AED for the Health Care Provider	3
		Electives (if needed)	<u>1</u>
			13-16

\*Must be taken prior to acceptance into the Teacher Education Program. Offered in summer, fall and spring semesters.

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 309 Anatomical Kinesiology	3	KINE 260 School Health Education	3
KINE 360 Motor Learning	3	KINE 303 Exercise Physiology AND	3
KINE 408 Methods Teaching Secondary	3	KINE 303L Exercise Physiology Lab	1
KINE 480 Inclusive Physical Activity	3	KINE 320 Elementary School P.E.	3
KINE 301 Health and Fitness Assessment	<u>3</u>	KINA Activity	1
	15	KINE 251 Water Safety Instructor **OR**	3
		KINA 101 Beginning Swimming **OR**	1
		KINA 102 Intermediate Swimming	1
		Electives (if needed)	<u>3</u>
			12-17

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 401 Org/Ad/Legal Consid in PE	3	EDUC 499D Teaching Internship/Colloq.:Elementary	6
KINE 494 Senior Seminar	1	EDUC 499H Teaching Internship/Colloq.:Secondary	<u>6</u>
EDUC 342 Ped And Assess: Sec & K-12	3		12
EDUC 343 Teaching to Diversity	3		
KINE 497 Pre-Internship	3		
Electives (if needed)	<u>3</u>		
	13-16		