2015-2016 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.

_____ 20_____
Signature of Advisor Date

_____ 20_____
Signature of Department Head Date

_____ 20_____
Signature of Registrar Date

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.
- 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

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 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*	_____	_____

*3 credits apply to the Essential Learning 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 Essential Learning, 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)

_____ ____ _____ ____ _____ _____

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 (17-20 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	_____	_____
CHEM 132	General Chemistry	4	_____	_____
CHEM 132L	General Chemistry Lab	1	_____	_____
KINE 265	First Aid & CPR/AED for the Health Care Provider OR Current Card	3	_____	_____

EXERCISE SCIENCE MAJOR REQUIREMENTS (48-53 semester hours) Must pass all courses with a grade of "C" or higher.

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 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 403	Advanced Strength and Conditioning			
OR		3	_____	_____
KINE 404	Clinical Exercise Physiology and Advanced Exercise Prescription	3	_____	_____
KINE 405	Sport Nutrition	3	_____	_____
KINE 415	Physical Activity & Aging	3	_____	_____
KINE 494	Senior Seminar	1	_____	_____
KINE 499	Internship	3	_____	_____

Restricted Electives:

Select four courses from the list below. Courses listed with a lecture and lab are counted as one course. If you choose 200 level courses, make sure you choose 300 and above courses for electives to ensure having 40 hours of upper division courses for graduation.

BIOL 210 and 210L Human Anatomy and Physiology II (3) & (1)
BIOL 241 Pathophysiology (4)
BIOL 301 and 301L Genetics (3) & (1)
BIOL 341 and 341L General Physiology (3) & (1)
BIOL 409 and 490L Gross and Developmental Human Anatomy (2) & (2)
CHEM 311 and 311L Organic Chemistry (4) & (1)
CHEM 312 and 312L Organic Chemistry (4) & (1)
CHEM 315 and 315L Biochemistry (3) & (1)

KINE 401 Organization/Admin/Legal Considerations in PE & Sports (3)
KINE 403 Advanced Strength and Conditioning* (3)
KINE 404 Clinical Exer Phys & Adv Exer Prescriptions* (3)
KINE 410 Rehabilitative Exercises (3)
KINE 420 Therapeutic Modalities (3)
KINE 487 Structured Research (1-3)

PSYC 340 Abnormal Psychology (3)

*NOTE: Do not double count KINE 403/404 from the list of major requirements.

Restricted Electives (12-15 semester hours):

_____	____	_____	___	_____	_____
_____	____	_____	___	_____	_____
_____	____	_____	___	_____	_____
_____	____	_____	___	_____	_____
_____	____	_____	___	_____	_____
_____	____	_____	___	_____	_____

Electives (11-18 semester hours) All college level courses appearing on your final transcript, not listed above that will bring your total semester hours to 120 hours)

*MATH 113	College Algebra	1	_____	_____
_____ ____	_____	___	_____	_____
_____ ____	_____	___	_____	_____
_____ ____	_____	___	_____	_____
_____ ____	_____	___	_____	_____

Graduate or Professional Schools in Exercise Science and Professional Schools in Medicine (MD) Physical Therapy (PT), Occupational Therapy (OT), and Physician Assistant (PA), and Chiropractic programs often have their own unique prerequisites that are not part of the exercise science major requirements. For example, two semesters of General Physics are required for most MD, PT and Chiropractic programs. Because prerequisites vary significantly from school to school, students need to check specific requirements for schools where they are planning to apply for admission.

General Recommendations for graduate programs:

Exercise Physiology:
BIOL 409, 409L Gross and Developmental Human Anatomy
CHEM 311, 311L, 312, 312L Organic Chemistry
KINE 487 Structured Research

Biomechanics:
BIOL 409, 409L Gross and Developmental Human Anatomy
PHYS 111, 111L, 112, 112L General Physics
MATH 151 Calculus I
KINE 487 Structured Research
General Recommendations for Graduate Professional Programs:

Medicine:
CHEM 311, 311L, 312, 312L Organic Chemistry
PHYS 111, 111L, 112, 112L General Physics
MATH 151 Calculus I
SOCO 260 General Sociology

Physician's Assistant:
BIOL 341, 341L General Physiology and BIOL 409, 409L Gross and Developmental Human Anatomy
or
BIOL 209, 209L Human Anatomy and Physiology and BIOL 210, 210L Human Anatomy and Physiology II
CHEM 311, 311L, 312, 312L Organic Chemistry
KINE 499 Internship
Upper level lab-based Biology courses
Additional Psychology course

Physical Therapy:
BIOL 341, 341L General Physiology and BIOL 409, 409L Gross and Developmental Human Anatomy
or
BIOL 209, 209L Human Anatomy and Physiology and BIOL 210, 210L Human Anatomy and Physiology II
PHYS 111, 111L, 112, 112L General Physics
PSYC 233 Human Growth and Development
PSYC 310 Child Psychology or PSYC 340 Abnormal Psychology
KINE 499 Internship

Occupational Therapy:
BIOL 409, 409L Gross and Developmental Human Anatomy
PHYS 111, 111L General Physics
PSYC 233 Human Growth and Development
PSYC 340 Abnormal Psychology
KINE 499 Internship
Sociology and/or Anthropology courses
Medical Terminology

Chiropractic:
CHEM 311, 311L, 312, 312L Organic Chemistry
PHYS 111, 111L, 112, 112L General Physics
Social Science and Humanities courses

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	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 and PE	3	Essential Learning	Soc & Beh Science	
KINA 1XX	Activity	1		**OR**	
PHYS 111	Gen Physics and	4	PSYC 233	Human Growth and Development	3
PHYS 111L	Gen Physics Lab	1	Essential Learning	History	3
OR Essential Learning	Natural Science with Lab	4	PHYS 112	Gen Physics and	4
MATH 113	College Algebra	4	PHYS 112L	Gen Physics Lab	1
		16-17	OR	Essential Learning Nat. Science	3
					15-17

SOPHOMORE YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 234	Prevention & Care of Ath Injuries	3	Essential Learning	Soc & Beh Science	3
BIOL 209	Human Anatomy	3	Essential Learning	Humanities	3
BIOL 209L	Human Anatomy Lab	1	Essential Learning	Fine Arts	3
STAT 200	Probability and Statistics	3	KINE 265	First Aid & CPR/AED for the	
CHEM 131	General Chemistry	4		Health Care Provider OR	
CHEM 131L	General Chemistry Lab	1		Current Card	3
		15	CHEM 132	General Chemistry	4
			CHEM 132L	General Chemistry Lab	1
					14-17

JUNIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 303	Exercise Physiology	3	KINE 415	Physical Activity & Aging	3
KINE 303L	Exercise Physiology Lab	1	KINE 301	Hlth & Fitness Assessment	3
KINE 309	Anatomical Kinesiology	3	KINE 370	Biomechanics	3
Restricted Elective Choice		3-5	KINE 370L	Biomechanics Lab	1
ESSL 290	Maverick Milestone	3	KINA XXX	Activity	1
ESSL 200	Speech	1	Restricted Elective Choice		3-5
		14-16			14-16

SENIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 403	Advanced Strength & Cond (If not planning on taking KINE 404)	3	KINE 404	Clinical Ex Phys and Adv Ex Prescript (If not planning on taking KINE 403)	3
KINE 405	Sports Nutrition	3	KINE 487	Structured Research	3
Restricted Elective Choice		3-5	KINE 494	Senior Seminar	1
Electives	(if needed)	6	KINE 499	Internship	3
		15-17	Restricted Elective Choice		3-5
			Electives	(if needed)	3
					16-18

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).