



2015-2016 PETITION/PROGRAM SHEET
Minor: Personal Training

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. 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.
3. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature.
4. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester.
5. NOTE: During your senior year, you will be required to take a capstone exit assessment/project (e.g., Major Field Achievement Test)

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.

Course No	Title	Sem.hrs	Grade	Term/Trns
BIOL 209	Human Anat & Physiology	3	_____	_____
BIOL 209L	Human Anat & Physiology Lab	1	_____	_____
KINE 213	Applications of Physical Fitness & Exercise Prescription	3	_____	_____
KINE 234	Prevention & Care of Athletic Injuries	3	_____	_____

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

KINE	_____	3	_____	_____
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