



2018-2019 PROGRAM REQUIREMENTS
Degree: Bachelor of Science
Major: Fitness and Health Promotion

About This Major . . .

Students enrolled in this major should have a strong interest in the sciences as this program applies science to human function. The student will explore exercise physiology, anatomical kinesiology, community health, physical activity and aging, worksite health promotion, and sports nutrition, among other subject areas. Career opportunities include: sports and wellness program instructors and directors; strength coaches for college, university and professional sports* programs; managers and exercise leaders in corporate wellness programs; nutritionists*; occupational therapists*; and personal trainers.

*Career requires additional post-baccalaureate studies.

Colorado Mesa students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, 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 exercise cautions and other safety concerns. (Critical Thinking)
4. Identify the scope and definitions of health, fitness, and human performance, with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
5. Describe and communicate how physical activity relates to health. (Communication Fluency)

Advising Process and DegreeWorks

This document is intended for informational purposes to help determine what courses and associated requirements are needed to earn a degree. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended degree(s).

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a degree and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their degree requirements:

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at <http://www.coloradomesa.edu/registrar/graduation.html>.

If a student's petition for graduation is denied, it will be her/his responsibility to consult the Registrar's Office regarding next steps.

INSTITUTIONAL DEGREE REQUIREMENTS

The following institutional degree requirements apply to all CMU baccalaureate degrees. Specific programs may have different requirements that must be met in addition to institutional requirements.

- 120 semester hours minimum.
- 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 (alternative credit limit applies to the Bachelor of Applied Science degree).
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- No more than six semester hours of independent study courses can be used toward the degree.
- Non-traditional credit, such as advanced placement, credit by examination, credit for prior learning, cooperative education and internships, cannot exceed 30 semester credit hours for a baccalaureate degree; A maximum of 15 of the 30 credits may be for cooperative education, internships, and practica.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Degree Requirements.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

PROGRAM-SPECIFIC DEGREE REQUIREMENTS

- 2.0 cumulative GPA or higher in coursework toward the major content area.

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.

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)

Mathematics (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) or higher
3 credits apply to the Essential Learning requirements and 1 credit applies to elective credit.

Humanities (3 semester hours)

- Select one Humanities course (3)

Social and Behavioral Sciences (6 semester hours)

- Select one Social and Behavioral Sciences course (3)
- Select one Social and Behavioral Sciences course (3)

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

- Select one Natural Sciences course (3)
- Select one Natural Sciences course with a lab (4)

History (3 semester hours)

- Select one History course (3)

Fine Arts (3 semester hours)

- Select one Fine Arts course (3)

OTHER LOWER-DIVISION REQUIREMENTS

Wellness Requirement (3 semester hours)

- KINE 100 - Health and Wellness (1)
- KINA 1XX – (1)
- KINA 1XX – (1)

Essential Learning Capstone (4 semester hours)

Essential Learning Capstone must be taken after completion of the Essential Learning English and Mathematics requirements, and when a student has earned between 45 and 75 hours.

- ESSL 290 - Maverick Milestone (3)
- ESSL 200 - Essential Speech (1)

FOUNDATION COURSES (10-14 semester hours)

- CSCI 110 - Beginning Programming/CSCI 110L - Beginning Programming Laboratory (4) OR STAT 200 - Probability and Statistics (3) or higher level CSCI or STAT course
- KINE 203 - Human Nutrition (3)
- BIOL 209 - Human Anatomy and Physiology (3)
- BIOL 209L - Human Anatomy and Physiology Laboratory (1)
- Students must have a current CPR card OR take one of the following:
 - KINE 250 - Lifeguard Training (3)
 - KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)

BS, FITNESS AND HEALTH PROMOTION REQUIREMENTS (48-49 semester hours, 2.0 cumulative GPA or higher required in major content area.)

Required Core Courses (39-semester hours)

- KINA 128 – Intermediate Weight Training (1)
- KINA 1XX - (1)
- KINE 200 - History and Philosophy of Sport and Physical Education (3)
- KINE 213 - Applications of Physical Fitness and Exercise Prescription (3)
- KINE 297 - Practicum (2)
- KINE 301 - Health and Fitness Assessment (3)
- KINE 303 - Physiology of Exercise (3)
- KINE 303L - Physiology of Exercise Laboratory (1)
- KINE 309 - Anatomical Kinesiology (3)
- KINE 310 - Methods of Exercise Instruction (3)
- KINE 333 - Community Health (3) or KINE 411 - Worksite Health Promotion (3)
- KINE 405 - Sports Nutrition (3)
- KINE 415 - Physical Activity and Aging (3)
- KINE 494 - Kinesiology Senior Seminar (1)
- KINE 499 - Internship (6)

Restricted Electives (9-10 semester hours)

Select three courses from the list below. Courses with a lecture and lab are counted as one course.

- BIOL 315 - Epidemiology (3)
- KINE 333 – Community Health (3)
- KINE 370 - Biomechanics (3) and KINE 370L - Biomechanics Laboratory (1)
- KINE 401 - Organization/Administration/Legal Considerations in Physical Education and Sports (3)
- KINE 403 - Advanced Strength and Conditioning (3)
- KINE 404 - Clinical Exercise Physiology and Advanced Exercise Prescription (3)
- KINE 411 – Worksite Health Promotion (3)
- KINE 430 - Medical Conditions and Pharmacology in Sports (3)
- KINE 480 - Inclusive Physical Activity (3)
- KINE 487 - Structured Research (3)
- KINE 396 or KINE 496 - Topics (3)
- PSYC 401 - Sport Psychology (3)
- ENTR 300 - Small Business and Entrepreneurship (3)
- ENTR 340 - Applied Financial Management for Emerging Businesses (3)

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*Do not double count KINE 333/411 from the list of major requirements.

GENERAL ELECTIVES (All college level courses appearing on your final transcript, not listed above that will bring your total hours to 120 hours. 20-24 semester hours.)

- Math 113 – College Algebra (1)
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- _____
- _____
- _____
- _____
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SUGGESTED COURSE SEQUENCING

Freshman Year, Fall Semester: 17 credits

- ENGL 111 - English Composition (3)
- KINA 1XX - (1)
- KINE 100 - Health and Wellness (1)
- KINE 200 - History and Philosophy of Sport and Physical Education (3)
- Essential Learning - Natural Science (3)
- Essential Learning - Fine Arts (3)
- Essential Learning - History (3)

Freshman Year, Spring Semester: 17 credits

- ENGL 112 - English Composition (3)
 - KINE 213 - Applications of Physical Fitness and Exercise Prescription (3)
 - Essential Learning - Social and Behavioral Science (3)
 - BIOL 209 - Human Anatomy and Physiology (3) and BIOL 209L - Human Anatomy and Physiology Laboratory (1)
 - MATH 113 – College Algebra (4)
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Sophomore Year, Fall Semester: 17-18 credits

- KINA 1XX - (1)
- KINE 250 - Lifeguard Training (3) or KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)
- CSCI 110 - Beginning Programming/CSCI 110L - Beginning Programming Laboratory (4) OR STAT - 200 Probability and Statistics (3) or higher level CSCI or STAT course
- Essential Learning - Natural Science with Lab (4)
- Essential Learning - Humanities (3)
- General Elective (3)

Sophomore Year, Spring Semester: 16 credits

- Essential Learning - Social and Behavioral Science (3)
 - KINE 203 - Human Nutrition (3)
 - KINE 297 - Practicum (2)
 - KINA 1XX - (1)
 - ESSL 290 - Maverick Milestone (3)
 - ESSL 200 - Essential Speech (1)
 - General Elective (3)
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Junior Year, Fall Semester: 14 credits

- KINE 301 - Health and Fitness Assessment (3)
- KINE 303 – Physiology of Exercise (3) and KINE 303L - Physiology of Exercise Laboratory (1)
- KINE 333 - Community Health (3) or KINE 411 – Worksite Health Promotion (3)
- KINA 128 - Intermediate Weight Training (1)
- General Elective (3)

Junior Year, Spring Semester: 15 credits

- KINE 309 - Anatomical Kinesiology (3)
 - KINE 405 - Sports Nutrition (3)
 - KINE 415 - Physical Activity and Aging (3)
 - Restricted Elective (3)
 - General Elective (3)
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Senior Year, Fall Semester: 12-14 credits

- KINE 310 – Methods of Exercise Instruction (3)
- Restricted Elective (6-7)
- General Elective (3-4)

Senior Year, Spring Semester: 13-14 credits

- KINE 494 - Kinesiology Senior Seminar (1)
 - KINE 499 - Internship (6)
 - General Elective (if needed) (6-7)
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