Program Overview: Bachelor of Arts, Kinesiology
Fitness and Health Promotion Concentration

About This Major . . .

Students enrolled in this program should have a strong interest in the fields of fitness and health promotion. Students will explore the anatomy and physiology of exercise, community health, physical activity and aging, health promotion at the worksite, and sport nutrition, among other subject areas. The Kinesiology program is a member of the National Strength and Conditioning Association's Education Recognition Program for both Strength and Conditioning and Personal Training. These distinctions recognize our program for covering the competency areas required for both the Strength and Conditioning and Personal Training Programs. The Monfort Family Human Performance Lab plays an important educational role for students in this program as it provides an excellent resource for supplementary lab experiences, for student research projects, and for student internships. The physiology and biomechanics instrumentation of the lab is state-of-the-art. In their lab classes, students learn to use the major instrumentation.

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)
   - Example: Muscle agonist/antagonist requirements are evaluated for human locomotion.

2. identify risk factors associated with chronic disease. (Specialized Knowledge)
   - Example: Students formulate written critiques on case studies.

3. identify the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
   - Example: Students are able to conduct fitness and nutritional assessments, analyze human performance data, and write up an exercise prescription.

4. describe and communicate how physical activity relates to health. (Communication Fluency)
   - Example: Students write and present on how physical activity prevents or treats a specific disease or condition.

5. identify exercise cautions and other safety concerns. (Critical Thinking)
   - Example: Students are able to identify when a safety concern arises in a practical situation.

Program Highlights:

Club
The Exercise Physiology Research Club (EPRC) functions throughout each year to enhance student participation in conferences and preparation for graduate or professional school. Students who are involved in EPRC participate in research projects, attend conferences, and present at local, regional, state and sometimes international conferences.

Internships
Students are given the opportunity to participate in various internship opportunities including placements at health clubs, colleges, hospitals, rehabilitation centers, health departments, and various health related organizations.

Careers
Graduates are currently working in many positions such as: personal trainers, fire department fitness trainers, strength and conditioning coaches, county health department employees, and sport coaches.

Graduate School
Graduates of this program often continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, occupational therapy, sport performance, and health.

Program Requirements

A student must follow CMU graduation requirements by completing 120 semester credit hours, including 40 credits of coursework at the 300+ level. See the "Undergraduate Graduation Requirements" in the catalog for additional graduation information. Students should work closely with a faculty advisor when selecting and scheduling courses prior to registration. In general, CMU's programs of study are based on two curriculum groups:

1. **Essential Learning**
   CMU's Essential Learning program provides the foundation of skills and information that cuts across all fields of study and the support for advanced concepts that students will later encounter in their majors. Before moving into work at the 300+ level, students complete the Maverick Milestone and its co-requirement, Essential Speech. This pair of courses is a capstone experience where students integrate what they have learned from their foundation courses by making connections among diverse areas of knowledge. The capstone is also an opportunity for students to work with disparate ideas, a critical skill expected of all CMU graduates that will aid them in solving the complex and unscripted problems they will encounter in their personal, professional, and civic lives.

2. **What You Will Study in This Major. . .**

Foundational Courses

- Human Anatomy and Physiology and Lab
- Human Nutrition
- Prevention and care of athletic injuries
- First Aid and CPR/AED for the Health Care Provider

Fitness and Health Promotion Core Requirements

- History and Philosophy of Sport and Physical Education
- Applications of Physical Fitness and Exercise Prescription
- Physiology of Exercise and Lab
- Anatomical Kinesiology
- Organization/Administration/Legal Considerations in Physical Education and Sports
- Senior Seminar

Fitness and Health Promotion Concentration Requirements

- Practicum
- Health and Fitness Assessment
- Methods of Exercise Instruction
- Community Health
- Sports Nutrition
- Worksite Health Promotion
- Physical Activity and Aging
- Inclusive Physical Activity
- Internship

Electives

Students should check the requirements of the specific graduate program to which they plan to apply.

Restricted Electives (6-7 Semester Hours)

- Methods of Exercise Instruction
- Epidemiology
- Biomechanics and Lab
- Advanced Strength and Conditioning
- Clinical Exercise Physiology and Advanced Exercise Prescription
- Medical Conditions and Pharmacology in Sports
- Structured Research
- Topics
- Sport Psychology

For more information about this major, go to: http://www.coloradomesa.edu/kinesiology/degrees.html or contact the Academic Department Head for Kinesiology, 230 Maverick Center, 970.248.1715.