COLORADO MESA UNIVERSITY

MAV3 GRADUATION PLAN - SUGGESTED COURSE SEQUENCING
B.A., KINESIOLOGY - FITNESS AND HEALTH PROMOTION
For students with 12 transfer credits upon entering program

First Year

Summer Semester	Hours	Fall Semester		Hours	Spring Semester		Hours	J Term	Hours
		ENGL 111	English Composition	3	ENGL 112	English Composition	3		
		KINE 100	Health & Wellness	1	KINE 213	Applications of Physical Fitness & Exercise Prescription	3		
		KINE 200	History & Philosophy of Sport & PE	3	MATH 1XX	Math Requirement	3		
		Essential Learning - History		3	Essential Learning - Natural Science with Lab		4		
		Essential Learning - Fine Arts		3	BIOL 209	Human Anatomy & Physiology	3		
		Essential Learning - Humanities		3	BIOL 209L	Human Anatomy & Phys Lab	1		
				16			**17**		

Second Year

Summer Semester	Hours	Fall Semester		Hours	Spring Semester		Hours	J Term	Hours
Essential Learning - Soc./Beh. Sc	3	BIOL 203	Human Nutrition	3	ESSL 290	Maverick Milestone	3		
Essential Learning - Natural Scie	3	KINE 234	Prevention & Care of Ath. Injuries	3	ESSL 200	Essential Speech	1		
		KINE 250*	Lifeguard Training (3)***---OR---***		KINE 297	Practicum	2		
		KINE 265*	First Aid & CPR/AED for the Hlth Care Provider (3)	3	KINE 301	Health and Fitness Assessment	3		
		KINE 260	School Health Education	3	KINE 309	Anatomical Kinesiology	3		
		Essential Learning - Social/Behavioral Science		3	Electives or minor (if needed)		4		
		KINA XXX	Activity Courses	2					
	6			**14-16**			**16**		

*KINE 250 or KINE 265 if no current First Aid/CPR certification

Third Year

Summer Semester	Hours	Fall Semester		Hours	Spring Semester		Hours	J Term	Hours
KINE 499 Internship	6	KINE 303	Physiology of Exercise	3	KINE 401	Organization/Administration/Legal Considerations in PE & Sports	3		
		KINE 303L	Physiology of Exercise Lab	1	KINE 411	Worksite Health Promotion	3		
		KINE 333	Community Health	3	KINE 415	Physical Activity & Aging	3		
		KINE 405	Sport Nutrition	3	KINE 494	Senior Seminar	1		
		KINE 480	Inclusive Physical Activity	3	KINE/BIOL/PSYC Option		3		
		KINE/BIOL/PSYC Option		3	Electives		2		
	6			**16**			**15**		

Notes:
1. Assumes 12 credit hours of AP or transfer. These classes can be Essential Learning courses. If the courses meet the Essential Learning requirements above, then electives can be substituted.