

Replace highlighted text with text applicable to your program.

Program Overview: **Bachelor of Science, Fitness and Health Promotion**



Program Highlights:

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.

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 exercise cautions and other safety concerns. . (Critical Thinking)
 - Example: Students are able to identify when a safety concern arises in a practical situation.
4. 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.
5. 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.

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.

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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

- Computers in Society or higher level CSCI course or Probability and Statistics
- Human Anatomy and Physiology and Lab
- Human Nutrition
- First Aid and CPR/AED for the Health Care Provider

Fitness and Health Promotion Core Requirements

- Intermediate Weight Training
- Additional KINA activity course
- History and Philosophy of Sport and Physical Education
- Applications of Physical Fitness and Exercise Prescription
- Practicum
- Health and Fitness Assessment
- Physiology of Exercise and Lab
- Anatomical Kinesiology
- Methods of Exercise Instruction
- Community Health or Worksite Health Promotion
- Sports Nutrition
- Physical Activity and Aging
- Senior Seminar
- Internship

Electives

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

Restricted Electives (9-10 Semester Hours)

- Epidemiology
- Community Health
- Biomechanics and Lab
- Organization/Administration/Legal Considerations in Physical Education and Sports
- Advanced Strength and Conditioning
- Clinical Exercise Physiology and Advanced Exercise Prescription
- Worksite Health Promotion
- Medical Conditions and Pharmacology in Sports
- Inclusive Physical Activity
- Structured Research
- Topics
- Sport Psychology
- Small Business and Entrepreneurship
- Applied Financial Management for Emerging Businesses

For more information about this major, go to: <http://www.coloradomesa.edu/kinesiology/degrees/index.html> or contact the Academic Department Head for Kinesiology, 242 Maverick Center, 970.248.1374.