

Program Overview: Bachelor of Arts – Kinesiology Physical Education (K-12) Concentration

About This Major . . .

Students will be prepared to teach K-12 Physical Education (elementary, middle, and high school). The degree plan includes coursework covering human anatomy and physiology, team and individual sports, exercise science, and teaching methods courses. The courses specific to becoming a licensed teacher will help the physical education major understand how pupils gain knowledge. The coursework is designed so the Physical Education major will develop teaching strategies and skills to assist K-12 pupils with learning Physical Education content. This major also requires students to complete over 200 hours of classroom experience in public schools prior to their teaching experience. The program follows accepted national accrediting guidelines for physical education teaching.

The Kinesiology K-12 concentration is thriving at CMU with over 40 majors and diverse learning opportunities. Throughout their coursework, students participate in authentic teaching experiences through our Homeschool Physical Education Program and peer teaching. Students also receive personal mentoring from faculty. CMU K-12 majors complete the state licensure exam with over a 98% pass rate. Many of our graduates are hired as physical education and health education teachers in school districts throughout Colorado and other states.

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. Apply scientific concepts that relate to the development of physically educated individuals. (Critical Thinking)
 - Example: Students apply scientific concepts in lesson plans that they teach in the schools.
2. Consistently display competent motor skills and fitness levels. (Applied Learning)
 - Example: Student fitness and motor skills are measured at the sophomore level and then reassessed at the senior level to make sure that they can perform all pertinent motor skills.
3. Plan and teach developmentally appropriate standard-based lesson plans. (Specialized Knowledge)
 - Example: Students learn to write lesson plans and teach them to their peers, then to small groups of students, and finally in the local schools.
4. Demonstrate teaching skills and strategies that improve learning for all student abilities. (Applied Learning, Quantitative Fluency)
 - Example: Students are assessed on their ability to measure and improve student learning in small settings and in local schools.
5. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative Fluency)
 - Example: Students learn to conduct assessments and analyze the results in real-life settings.
6. Demonstrate appropriate attitudes and values (dispositions) that are essential to teachers. (Applied Learning)
 - Example: Students are given the opportunity to display proper behaviors while



Program Highlights:

Club

Our Physical Educator's Club provides volunteer opportunities to work closely with certified teachers, and after-school programs. Students also attend annual state and national conventions.

Internships

Students will complete a 120 hour pre-internship in local schools to ease them into the school environment. During their last semester, they will complete a 16 week student teaching internship with full teaching responsibilities. Half of the internship will be at the elementary level and half will be at the secondary level.

Careers

Most graduates work as physical education teachers in public schools. Some graduates have pursued other jobs such as: personal trainer, coaches, recreation directors for city leagues, and private sport instructors.

Graduate School

Students that pursue graduate degrees will typically join Physical Education, Sport Management, Special Education, and Educational Leadership programs.

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
- First Aid and CPR/AED for the Health Care Provider

K-12 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

K-12 Concentration Requirements

- Methods of Lifetime, Individual, and Dual Activities
- Methods of Team Activities
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- Methods of Creative Play, Dance, Gymnastics, and Literacy
- School Health Education
- Health and Fitness Assessment
- Methods of Teaching Physical Education in Elementary Schools
- Motor Learning
- Inclusive Physical Activity
- Methods of Teaching Physical Education in Secondary Schools
- Pre-Internship in Physical Education
- Beginning Swimming, Intermediate Swimming, or Water Safety Instructor Course

K-12 Licensure Requirements

- What it means to be a teacher
- Teaching as a profession
- Pedagogy and Assessment: Secondary/K-12
- Teaching to Diversity
- Teaching Internship and Colloquia: Elementary
- Teaching Internship and Colloquia: Secondary

Additional Licensures

All Kinesiology K-12 students are encouraged to explore the option of additional teaching licensures to make themselves more marketable. Some areas include: English Language Arts, Health Education, Mathematics, Science, and Social Studies.

Electives

We want you to have breadth as well as depth, and these electives allow you to supplement or complement your choices in Kinesiology - K-12 Teaching.

- Human Nutrition
- Philosophy and Psychology of Coaching
- Biomechanics and Lab
- Sport in Society
- Sport Law and Risk Management
- Advanced Strength and Conditioning
- Sport Nutrition
- Outdoor activity courses

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.