

Program Overview: Bachelor of Arts, Kinesiology Adapted Physical Education Concentration



About This Major . . .

Students enrolled in this program should have a strong interest in working with individuals with disabilities. Students will explore the anatomy and physiology of exercise, inclusive physical education, physical activity and aging, psychology courses, and rehabilitative exercises, among other subject areas. Students who select this major will learn to adapt or modify the physical education curriculum and /or instruction to address specific abilities of individuals. Students will learn to develop activities that are appropriate and effective for persons with disabilities. The Monfort Family Human Performance Lab plays an important education role for students in this program as it provides an excellent resource for supplementary lab experiences. The physiology and biomechanics instrumentation of the lab is state-of-the-art. In their lab classes, students learn to use the major instrumentation. Students will also participate in adapted physical education related field experiences.

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. describe physiological and biomechanical concepts related to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)
➤ Example: Students are able to conduct laboratory assessments, analyze physiological data, and provide written results.
2. apply motor development theory and principles related to skillful movement, physical activity, and fitness. (Communication Fluency, Specialized Knowledge)
➤ Example: Students are assessed on their ability to improve student learning through effective teaching strategies.
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. develop developmentally appropriate learning experiences that address the diverse needs of all individuals. (Applied Learning)
➤ Example: Students apply scientific concepts in lesson plans that they teach in schools and other community settings.
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.

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 are given the opportunity to participate in various internships including placements in schools, rehabilitation centers, recreation programs for individuals with disabilities, and assisted living centers.

Careers

Career opportunities include adapted physical education teacher (K-12) which requires completing the K-12 Teaching concentration coursework. Additionally, students can be employed in various rehabilitation facilities, assisted living facilities, and with recreational programs for individuals with disabilities.

Graduate School

Graduates of this program often continue their study for graduate or professional degrees at universities widely recognized as top programs in adapted physical education, occupational therapy, physical education, 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
- Prevention and Care of Athletic Injuries
- First Aid and CPR/AED for the Health Care Provider

Adapted Physical Education 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

Adapted Physical Education Concentration Requirements

- Abnormal Psychology
- Methods of Lifetime, Individual, and Dual Activities
- Water Safety Instructor
- Health and Fitness Assessment
- Motor Learning
- Rehabilitative Exercises
- Physical Activity and Aging
- Inclusive Physical Activity
- Internship
- Two courses selected from:
 - American Sign Language I or II
 - Community Health
 - Human Growth and Development
 - Child Psychology
 - Psychology of Adolescents and Emerging Adulthood
 - Psychology of Adulthood

Electives

We want you to have breadth as well as depth, and these electives allow you to supplement or complement your choices in Kinesiology Adapted Physical Education.

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

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.