Exercise Science (BS)

Degree: Bachelor of Science
Major: Exercise Science
Program Code: 3138

About This Major . . .

Students enrolled in this concentration should have a strong interest in the sciences as this program applies science to human function. The student will begin studies with science courses such as physics, general chemistry, and human anatomy & physiology. Continued studies will include courses such as: exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, medical conditions and pharmacology, and sports nutrition, among other subject areas. This major is designed to prepare students for graduate programs such as: physical therapy, physician’s assistant, occupational therapy, and exercise physiology.

Colorado Mesa students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, physical therapy, occupational therapy, physical education and public health.

For more information on what you can do with this major, visit Career Services’ What to Do with a Major? [https://www.coloradomesa.edu/career/students/explore/major.html] resource.

All CMU baccalaureate graduates are expected to demonstrate proficiency in specialized knowledge/applied learning, quantitative fluency, communication fluency, critical thinking, personal and social responsibility, and information literacy. 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)
2. Identify risk factors, exercise cautions and other safety concerns. (Specialized Knowledge)
3. Identify the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
4. Describe procedures and/or statistical analyses for physiological assessments. (Quantitative Fluency)
5. Apply biomechanical principles to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)
6. Demonstrate the ability to clearly communicate specialized knowledge. (Communication Fluency)

Requirements

Each section below contains details about the requirements for this program. Select a header to expand the information/requirements for that particular section of the program’s requirements.

To print or save an overview of this program’s information, including the program description, learning outcomes, requirements, suggested course sequencing (if applicable), and advising and graduation information, scroll to the bottom of the left-hand navigation menu and select ‘Print Options.’ This will give you the options to either ‘Send Page to Printer’ or ‘Download PDF of This Page.’ The ‘Download PDF of This Page’ option prepares a much more concise presentation of all program information. The PDF is also printable and may be preferable due to its brevity.

Institutional Degree Requirements

The following institutional degree requirements apply to all CMU baccalaureate degrees. Specific programs may have different requirements that must be met in addition to institutional requirements.

- 120 semester hours minimum.
- Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher.
- 40 upper-division credits (an alternative credit limit applies to the Bachelor of Applied Science degree).
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- No more than six semester hours of independent study courses can be used toward the degree.
- Non-traditional credit, such as advanced placement, credit by examination, credit for prior learning, cooperative education and internships, cannot exceed 30 semester credit hours for a baccalaureate degree. A maximum of 15 of the 30 credits may be for cooperative education, internships, and practica.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Degree Requirements.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See “Requirements for Undergraduate Degrees and Certificates” in the catalog for a complete list of graduation requirements.

Essential Learning Requirements

(31 semester hours)

See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning requirement.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 111</td>
<td>English Composition I-GTCO1</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 112</td>
<td>English Composition II-GTCO2</td>
<td>3</td>
</tr>
<tr>
<td>MATH 113</td>
<td>College Algebra-GTMA1 ²</td>
<td>3</td>
</tr>
<tr>
<td>History</td>
<td>Select one History course</td>
<td>3</td>
</tr>
<tr>
<td>Humanities</td>
<td>Select one Humanities course</td>
<td>3</td>
</tr>
<tr>
<td>Social and Behavioral Sciences ³</td>
<td>Select one Social and Behavioral Sciences course</td>
<td>3</td>
</tr>
</tbody>
</table>
Select one Social and Behavioral Sciences course 3

Fine Arts
Select one Fine Arts course 3

Natural Sciences 4
Select one Natural Sciences course 3
Select one Natural Sciences course with a lab 4

Total Semester Credit Hours 31

1. Must receive a grade of 'C' or better and must be complete by the time the student has 60 semester hours.

2. This is a 4 credit course. 3 credits apply to the Essential Learning requirements and 1 credit applies to elective credit.

3. PSYC 233 is suggested.

4. 7 semester hours, one course must include a lab. PHYS 111/PHYS 111L and PHYS 112/PHYS 112L are suggested.

Other Lower Division Requirements

Wellness Requirement
KINE 100 Health and Wellness 1
Select one Activity course 1
Select one Activity course 1

Essential Learning Capstone 2
ESSL 290 Maverick Milestone 3
ESSL 200 Essential Speech 1

Total Semester Credit Hours 7

1. KINA 128 is suggested because it is a prerequisite for KINE 403.

2. Essential Learning Capstone must be taken after completion of the Essential Learning English and Mathematics requirements, and when a student has earned between 45 and 75 hours.

Foundation Courses

Code Title Semester Credit Hours
STAT 200 Probability and Statistics-GTMA1 3
BIOL 209 Human Anatomy and Physiology 4
& 209L and Human Anatomy and Physiology Laboratory
CHEM 131 General Chemistry I-GTSC1 5
& 131L and General Chemistry Laboratory I-GTSC1
CHEM 132 General Chemistry II-GTSC1 5
& 132L and General Chemistry Laboratory II-GTSC1
KINE 265 Emergency Care 3

Total Semester Credit Hours 20

Program Specific Degree Requirements

(48-54 semester hours, must pass all courses with a grade of "C" or higher and maintain a 2.0 cumulative GPA or higher in coursework toward the major content area.)

Code Title Semester Credit Hours
KINE 200 Foundations of Kinesiology 3
KINE 203 Human Nutrition 3
KINE 213 Applications of Physical Fitness and Exercise Prescription 3
KINE 301 Health and Fitness Assessment 3
KINE 303 Physiology of Exercise 4
& 303L and Physiology of Exercise Laboratory
KINE 309 Anatomical Kinesiology 3
KINE 370 Biomechanics 4
& 370L and Biomechanics Laboratory
KINE 403 Advanced Strength and Conditioning 3
or KINE 404 Clinical Exercise Physiology and Advanced Exercise Prescription
KINE 405 Sports Nutrition 3
KINE 415 Physical Activity and Aging 3
KINE 494 Kinesiology Senior Seminar 1
KINE 499 Internship 3

Total Semester Credit Hours 36

Restricted Electives
Select four courses from the list below. Courses listed with a lecture 2-18 and a lab are counted as one course.

BIOL 210 Human Anatomy and Physiology II
& 210L and Human Anatomy and Physiology Laboratory
BIOL 241 Pathophysiology
BIOL 301 Principles of Genetics
& 301L and Principles of Genetics Laboratory
BIOL 352 Human Physiology
& 352L and Human Physiology Laboratory
BIOL 409 Gross and Developmental Human Anatomy
& 409L and Gross and Developmental Human Anatomy Laboratory
CHEM 311 Organic Chemistry I
& 311L and Organic Chemistry I Laboratory
CHEM 312 Organic Chemistry II
& 312L and Organic Chemistry II Laboratory
CHEM 315 Biochemistry
& 315L and Biochemistry Laboratory
KINE 401 Organization/Administration/Legal Considerations in Physical Education and Sports
KINE 403 Advanced Strength and Conditioning 1
KINE 404 Clinical Exercise Physiology and Advanced Exercise Prescription 1
KINE 417 Health Behavior Change
KINE 420 Therapeutic Interventions
KINE 487 Structured Research
PSYC 340 Abnormal Psychology

Other Requirements
CPR card must be current upon graduation.

Total Semester Credit Hours 12-18

Do not double count KINE 403/KINE 404 from the list of major requirements.

General Electives

All college level courses appearing on your final transcript, not listed above that will bring your total hours to 120 hours. 8-14 semester hours. If you choose 200-level courses for the Restricted Electives above, make sure you choose 300 and above courses for electives to ensure having 40 hours of upper division courses for graduation.

Suggested Course Plan

While the sequencing below culminates in a total of 116-124 semester credit hours, students must complete a minimum of 120 semester credit hours as required for completion of the degree, including satisfactory credit hours, students must complete a minimum of 120 semester credit hours. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student’s responsibility to understand and fulfill the requirements for her/his intended degree(s).

Advising and Graduation

Advising Process and DegreeWorks

Documention on the pages related to this program is intended for informational purposes to help determine what courses and associated requirements are needed to earn a degree. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student’s responsibility to understand and fulfill the requirements for her/his intended degree(s).

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar’s Office to evaluate progress towards a degree and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar’s Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their degree requirements:
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- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the “Intent to Graduate” form to the Registrar’s Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at http://www.coloradomesa.edu/registrar/graduation.html.

If a student’s petition for graduation is denied, it will be her/his responsibility to consult the Registrar’s Office regarding next steps.