

# FITNESS AND HEALTH PROMOTION (BS)

Degree: Bachelor of Science  
Major: Fitness and Health Promotion  
Program Code: 3150

## 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.

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 associated with chronic disease. (Specialized Knowledge)
3. Identify exercise cautions and other safety concerns. (Critical Thinking)
4. Identify the scope and definitions of health, fitness, and human performance, with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)
5. Describe and communicate how physical activity relates to health. (Communication Fluency)

## 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.

Code	Title	Semester Credit Hours
<b>English</b> <sup>1</sup>		
ENGL 111	English Composition-GTC01	3
ENGL 112	English Composition-GTC02	3
<b>Mathematics</b> <sup>1</sup>		
MATH 113	College Algebra-GTMA1 <sup>2</sup>	3
<b>History</b>		
Select one History course		3
<b>Humanities</b>		
Select one Humanities course		3
<b>Social and Behavioral Sciences</b>		
Select one Social and Behavioral Sciences course		3
Select one Social and Behavioral Sciences course		3
<b>Fine Arts</b>		
Select one Fine Arts course		3
<b>Natural Sciences</b>		
Select one Natural Sciences course		3
Select one Natural Sciences course with a lab		4
Total Semester Credit Hours		31

<sup>1</sup> Must receive a grade of "C" or better and must be completed by the time the student has 60 semester hours.

<sup>2</sup> This is a 4 semester credit hour course. 3 credits apply to the Essential Learning requirements and 1 credit applies to elective credit.

## Other Lower Division Requirements

(7 semester hours)

Code	Title	Semester Credit Hours
<b>Wellness Requirement</b>		
KINE 100	Health and Wellness	1
KINA 1XX	Activity Course	1
KINA 1XX	Activity Course	1
<b>Essential Learning Capstone</b> <sup>1</sup>		
ESSL 290	Maverick Milestone	3
ESSL 200	Essential Speech	1
Total Semester Credit Hours		7

<sup>1</sup> 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

(10-14 semester hours)

Code	Title	Semester Credit Hours
One of the following: <sup>1</sup>		
CSCI 110 & 110L	Beginning Programming and Beginning Programming Laboratory	3-4
STAT 200	Probability and Statistics-GTMA1	
KINE 203	Human Nutrition	3
BIOL 209 & 209L	Human Anatomy and Physiology and Human Anatomy and Physiology Laboratory	4
Students must have a current CPR card OR take one of the following: 0-3		
KINE 250	Lifeguard Training	
KINE 265	First Aid and CPR/AED for the Health Care Provider	
Total Semester Credit Hours		10-14

<sup>1</sup> Or higher level CSCI or STAT course.

## Program Specific Degree Requirements

(48-49 semester hours, 2.0 cumulative GPA or higher required in major content area.)

Code	Title	Semester Credit Hours
KINA 128	Intermediate Weight Training	1
KINA 1XX	Activity course	1
KINE 200	History and Philosophy of Sport and Physical Education	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
KINE 297	Practicum	2
KINE 301	Health and Fitness Assessment	3
KINE 303	Physiology of Exercise	3
KINE 303L	Physiology of Exercise Laboratory	1

KINE 309	Anatomical Kinesiology	3
KINE 310	Methods of Exercise Instruction	3
KINE 333	Community Health	3
or KINE 411	Worksite Health Promotion	
KINE 405	Sports Nutrition	3
KINE 415	Physical Activity and Aging	3
KINE 494	Kinesiology Senior Seminar	1
KINE 499	Internship	6

### Restricted Electives

Select three courses from the following:<sup>1</sup> 9-10

BIOL 315	Epidemiology	
KINE 333	Community Health <sup>2</sup>	
KINE 370 & 370L	Biomechanics and Biomechanics Laboratory	
KINE 401	Organization/Administration/Legal Considerations in Physical Education and Sports	
KINE 403	Advanced Strength and Conditioning	
KINE 404	Clinical Exercise Physiology and Advanced Exercise Prescription	
KINE 411	Worksite Health Promotion <sup>2</sup>	
KINE 430	Medical Conditions and Pharmacology in Sports	
KINE 480	Inclusive Physical Activity	
KINE 487	Structured Research	
KINE 396 or KINE 496	Topics	
PSYC 401	Sport Psychology	
ENTR 300	Small Business and Entrepreneurship	
ENTR 340	Applied Financial Management for Emerging Businesses	

Total Semester Credit Hours 48-49

<sup>1</sup> Courses with a lecture and lab are counted as one course.

<sup>2</sup> KINE 333/KINE 411 may not be double counted 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. 20-24 semester hours.)

Code	Title	Semester Credit Hours
MATH 113	College Algebra-GTMA1	1
Select additional electives		19-23
Total Semester Credit Hours		20-24

While the sequencing below culminates in a total of 121-125 semester credit hours, students must complete a minimum of 120 semester credit hours as required for completion of the degree. Plan to complete requirements with varying hour options accordingly.

Course	Title	Semester Credit Hours
<b>First Year</b>		
<b>Fall Semester</b>		
ENGL 111	English Composition-GTCO1	3
KINA 1XX	Activity course	1
KINE 100	Health and Wellness	1
KINE 200	History and Philosophy of Sport and Physical Education	3
Essential Learning - Natural Science		3
Essential Learning - Fine Arts		3
Essential Learning - History		3
Semester Credit Hours		17
<b>Spring Semester</b>		
ENGL 112	English Composition-GTCO2	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
Essential Learning - Social and Behavioral Sciences		3
BIOL 209 & 209L	Human Anatomy and Physiology and Human Anatomy and Physiology Laboratory	4
MATH 113	College Algebra-GTMA1	4
Semester Credit Hours		17
<b>Second Year</b>		
<b>Fall Semester</b>		
KINA 1XX	Activity course	1
KINE 250 or KINE 265	Lifeguard Training or First Aid and CPR/AED for the Health Care Provider	3
CSCI 110 & 110L or STAT 200	Beginning Programming <sup>1</sup> or Probability and Statistics-GTMA1	3-4
Essential Learning - Natural Science with Lab		4
Essential Learning - Humanities		3
General Elective		3
Semester Credit Hours		17-18
<b>Spring Semester</b>		
Essential Learning - Social and Behavioral Sciences		3
KINE 203	Human Nutrition	3
KINE 297	Practicum	2
KINA 1XX	Activity Course	1
ESSL 290	Maverick Milestone	3
ESSL 200	Essential Speech	1
General Elective		3
Semester Credit Hours		16
<b>Third Year</b>		
<b>Fall Semester</b>		
KINE 301	Health and Fitness Assessment	3
KINE 303 & 303L	Physiology of Exercise and Physiology of Exercise Laboratory	4
KINE 333 or KINE 411	Community Health or Worksite Health Promotion	3
KINA 128	Intermediate Weight Training	1
General Elective		3
Semester Credit Hours		14
<b>Spring Semester</b>		
KINE 309	Anatomical Kinesiology	3
KINE 405	Sports Nutrition	3
KINE 415	Physical Activity and Aging	3
Restricted Elective		3
General Elective		3
Semester Credit Hours		15
<b>Fourth Year</b>		
<b>Fall Semester</b>		
KINE 310	Methods of Exercise Instruction	3
Restricted Elective		6-7

General Elective	3-4	
Semester Credit Hours		
12-14		
<b>Spring Semester</b>		
KINE 494	Kinesiology Senior Seminar	1
KINE 499	Internship	6
General Elective (if needed)		6-7
Semester Credit Hours		13-14
Total Semester Credit Hours		121-125

<sup>1</sup> Or higher level CSCI or STAT course.

## Advising Process and DegreeWorks

Documentation 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:

- 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.