ADAPTED PHYSICAL EDUCATION, KINESIOLOGY (BA)

Degree: Bachelor of Arts
Major: Kinesiology
Concentration: Adapted Physical Education
Program Code: 3132

About This Major . . .

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. Career opportunities include: adapted physical education teacher (K-12) which requires completing the K-12 concentration coursework; activity director at an assisted living center or rehabilitation facility; physical therapist¹; occupational therapist¹. Colorado Mesa students frequently continue their study towards graduate or professional degrees at other universities.

¹ Career requires additional post-baccalaureate studies.

For more information on what you can do with this major, visit Career Services' What to Do with a Major? 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:

a. Describe physiological and biomechanical concepts related to movement and be able to communicate and formulate conclusions about the results. (Critical Thinking)

b. Apply motor development theory and principles related to skillful movement, physical activity, and fitness. (Communication Fluency, Specialized Knowledge)

c. Identify the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically. (Applied Learning, Quantitative Fluency)

d. Develop developmentally appropriate learning experiences that address the diverse needs of all individuals. (Applied Learning)

e. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative 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 practice.
- 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 11</td>
<td>English Composition I-GTCO1</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 12</td>
<td>English Composition II-GTCO2</td>
<td>3</td>
</tr>
<tr>
<td>MATH 110</td>
<td>Mathematical Investigations-GTMA1</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</td>
<td>Select one Social and Behavioral Sciences course</td>
<td>3</td>
</tr>
</tbody>
</table>
Select one Social and Behavioral Sciences course \(^2\)  

**Fine Arts**  
Select one Fine Arts course  

**Natural Sciences** \(^3\)  
Select one Natural Sciences course with a lab  
Select one Natural Sciences course  

**Total Semester Credit Hours**  

1. Must receive a grade of “C” or better and must be completed by the time the student has 60 semester hours.  
2. Suggested: PSYC 150, General Psychology (3).  
3. One course must include a lab.

### Other Lower Division Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 100</td>
<td>Health and Wellness</td>
<td>1</td>
</tr>
<tr>
<td>Select one Activity course</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select one Activity course</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

**Essential Learning Capstone** \(^1\)  

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESSL 290</td>
<td>Maverick Milestone</td>
<td>3</td>
</tr>
<tr>
<td>ESSL 200</td>
<td>Essential Speech</td>
<td>1</td>
</tr>
</tbody>
</table>

**Total Semester Credit Hours**  

1. 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

*(4-7 semester hours)*

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 209</td>
<td>Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 209L</td>
<td>Human Anatomy and Physiology I Laboratory</td>
<td>1</td>
</tr>
</tbody>
</table>

Student must have a current CPR card or take one of the following: 0-3  

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 250</td>
<td>Lifeguard Training</td>
<td></td>
</tr>
<tr>
<td>KINE 265</td>
<td>Emergency Care</td>
<td></td>
</tr>
</tbody>
</table>

**Total Semester Credit Hours**  

### Program Specific Degree Requirements

*(48 semester hours)*

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
</table>

#### Required Core Courses

- KINE 200 | Foundations of Kinesiology \(3\)  
- KINE 213 | Applications of Physical Fitness and Exercise Prescription \(3\)  
- KINE 303 | Physiology of Exercise \(3\)  
- KINE 303L | Physiology of Exercise Laboratory \(1\)  
- KINE 309 | Anatomical Kinesiology \(3\)  
- KINE 401 | Organization, Management, and Legal Liabilities for Youth Fitness Programs \(3\)  
- KINE 494 | Kinesiology Senior Seminar \(1\)  
- PSYC 340 | Abnormal Psychology \(3\)  
- KINE 211 | Methods of Lifetime, Individual, and Dual Activities \(3\)  
- or KINE 251 | Water Safety Instructor Course \(3\)  
- KINE 301 | Health and Fitness Assessment \(3\)  
- KINE 360 | Motor Learning \(3\)  
- KINE 415 | Physical Activity and Aging \(3\)  
- KINE 420 | Therapeutic Interventions \(3\)  
- KINE 480 | Inclusive Physical Activity \(3\)  

**Total Semester Credit Hours**  

1. Suggested: PSYC 150, General Psychology (3).  
2. One course must include a lab.

### General Electives

All college level courses appearing on your final transcript, not listed above that will bring your total hours to 120 hours. 27-30 hours, up to 7 hours of upper division electives may be required.

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<tr>
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<th>Title</th>
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<tbody>
<tr>
<td>ENGL 111</td>
<td>English Composition I-GTCO1</td>
<td>3</td>
</tr>
<tr>
<td>KINE 100</td>
<td>Health and Wellness</td>
<td>1</td>
</tr>
<tr>
<td>KINE 200</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 340</td>
<td>Abnormal Psychology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 211</td>
<td>Methods of Lifetime, Individual, and Dual Activities</td>
<td>3</td>
</tr>
<tr>
<td>or KINE 251</td>
<td>Water Safety Instructor Course</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 310</td>
<td>Child Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 330</td>
<td>Psychology of Adolescents and Emerging Adulthood</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Semester Credit Hours**  

### Suggested Course Plan

**First Year**

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 111</td>
<td>English Composition I-GTCO1</td>
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<tr>
<td>KINE 100</td>
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<td>Lifeguard Training</td>
</tr>
<tr>
<td>KINE 265</td>
<td>Emergency Care</td>
</tr>
</tbody>
</table>

**Total Semester Credit Hours**  

1. Suggested: PSYC 150, General Psychology (3).  
2. One course must include a lab.
### Spring Semester
- **ENGL 112**: English Composition II - GTCC02  
  - 3 credit hours
- **BIOL 209**: Human Anatomy and Physiology I  
  - 3 credit hours
- **BIOL 209L**: Human Anatomy and Physiology I Laboratory  
  - 1 credit hour
- **KINE 213**: Applications of Physical Fitness and Exercise Prescription  
  - 3 credit hours
- **MATH 110**: Mathematical Investigations - GTMA1  
  - 3 credit hours
- **Essential Learning - Social and Behavioral Science**  
  - 3 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>16</th>
</tr>
</thead>
</table>

### Second Year

#### Fall Semester
- **KINA Activity**  
  - 1 credit hour
- **KINE 211**: Methods of Lifetime, Individual, and Dual Activities  
  - 3 credit hours
- **Essential Learning - Natural Science with Lab**  
  - 4 credit hours
- **Essential Learning - Social and Behavioral Science**  
  - 3 credit hours
- **General Electives**  
  - 6 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>17</th>
</tr>
</thead>
</table>

### Spring Semester
- **Essential Learning - History**  
  - 3 credit hours
- **ESSL 290**: Maverick Milestone  
  - 3 credit hours
- **ESSL 200**: Essential Speech  
  - 1 credit hour
- **KINA Activity**  
  - 1 credit hour
- **KINE 251**: Water Safety Instructor Course  
  - 3 credit hours
- **KINE 250**: Lifeguard Training  
  - 3 credit hours
- **or KINE 265**: Lifeguard Training  
  - 3 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>14</th>
</tr>
</thead>
</table>

### Third Year

#### Fall Semester
- **KINE 309**: Anatomical Kinesiology  
  - 3 credit hours
- **KINE 360**: Motor Learning  
  - 3 credit hours
- **KINE 303**: Physiology of Exercise  
  - 3 credit hours
- **KINE 303L**: Physiology of Exercise Laboratory  
  - 1 credit hour
- **KINE 420**: Therapeutic Interventions  
  - 3 credit hours
- **General Electives**  
  - 3 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>16</th>
</tr>
</thead>
</table>

#### Spring Semester
- **KINE 301**: Health and Fitness Assessment  
  - 3 credit hours
- **KINE 415**: Physical Activity and Aging  
  - 3 credit hours
- **KINE 480**: Inclusive Physical Activity  
  - 3 credit hours
- **General Electives**  
  - 6 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>15</th>
</tr>
</thead>
</table>

### Fourth Year

#### Fall Semester
- **PSYC 340**: Abnormal Psychology  
  - 3 credit hours
- **KINE 401**: Organization, Management, and Legal Liabilities for Youth Fitness Programs  
  - 3 credit hours
- **Restricted Elective - FLSL, PSYC, or KINE option**  
  - 3 credit hours
- **General Elective**  
  - 3 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>12</th>
</tr>
</thead>
</table>

#### Spring Semester
- **KINE 494**: Kinesiology Senior Seminar  
  - 1 credit hour
- **KINE 499**: Internship  
  - 6 credit hours
- **Restricted Elective - FLSL, PSYC, or KINE option**  
  - 3 credit hours
- **General Electives (if needed)**  
  - 4 credit hours

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>14</th>
</tr>
</thead>
</table>

| Total Semester Credit Hours | 120 |

1. **PSYC 150**: General Psychology recommended.