

# EDUCATION: K-12 EDUCATION, KINESIOLOGY (BA)

Degree: Bachelor of Arts  
Major: Kinesiology  
Concentration: K-12 Teaching  
Program Code: 3137

## About This Major . . .

Students will be prepared to teach elementary, middle, and high school physical education. The degree plan includes coursework covering human anatomy and physiology, team and individual sports, exercise science, and teaching methods courses. Students will gradually accumulate over 200 hours of classroom experience before beginning student teaching. School districts throughout western Colorado provide opportunities to gain experience with children of all ages and backgrounds in a variety of school settings.

Before being admitted into the Teacher Education program, the following courses must be completed with a grade of B or better:

Code	Title	Semester Credit Hours
ENGL 111	English Composition I-GTCO1 <sup>1</sup>	3
ENGL 112	English Composition II-GTCO2 <sup>1</sup>	3
PSYC 233	Human Growth and Development-GTSS3	3
EDUC 115	What It Means To Be An Educator	1
EDUC 215	Teaching as a Profession	1

<sup>1</sup> English honors may be substituted for ENGL 111 and ENGL 112.

A grade of C or better is required for MATH 110. Also, a minimum cumulative GPA of 2.8 (including transfer and CMU coursework) is required of all students for admission into the program.

Important information about this program:

- Students must maintain a 2.80 cumulative GPA or higher in all CMU coursework.
- All other coursework toward the degree must be successfully completed prior to the internship.
- Kinesiology licensure students must pass the Praxis II content exam prior to student teaching (fee required).
- Students must have ENGL 111 ENGL 112(or ENGL 219), PSYC 233, EDUC 115, EDUC 215 (All with grade of "B" or higher) and MATH 110 or higher (with grade of "C" or higher) and formal acceptance to the Teacher Education Program.

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:

- Kinesiology Outcome 1: Apply scientific concepts that relate to the development of physically educated individuals. (Critical Thinking)
- Kinesiology Outcome 2: Consistently display competent motor skills and fitness levels. (Applied Learning)
- Kinesiology Outcome 3: Plan and teach developmentally appropriate standard based lesson plans. (Specialized Knowledge)
- Kinesiology Outcome 4: Demonstrate teaching skills and strategies that improve learning for all student abilities. (Communication Fluency)
- Kinesiology Outcome 5: Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative Fluency)
- Kinesiology Outcome 6: Engage in behaviors that reflect professional ethics, professional growth, and advocacy of physical education. (Applied Learning)
- Teacher Education Outcome 1: Demonstrate mastery of major area's content knowledge and pedagogical strategies through fieldwork with learners in professional settings. (Specialized Knowledge/Applied Learning)
- Teacher Education Outcome 2: Design and establish a safe, inclusive, and respectful learning environment for a diverse population of students. (Specialized Knowledge/Applied Learning)
- Teacher Education Outcome 3: Plan and deliver effective instruction to students, based on research-based pedagogical practices. (Communication Literacy/Information Literacy)
- Teacher Education Outcome 4: Collect and analyze student assessment data and use results to inform planning and instruction. (Quantitative Fluency)
- Teacher Education Outcome 5: Demonstrate professionalism through ethical conduct, reflection, and leadership. (Personal and Social Responsibility)

## 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.

Code	Title	Semester Credit Hours
<b>English</b> <sup>1</sup>		
ENGL 111	English Composition I-GTCO1	3
ENGL 112	English Composition II-GTCO2	3
<b>Mathematics</b> <sup>2</sup>		
MATH 110	Mathematical Investigations-GTMA1	3
<b>History</b>		
Select one History course		3
<b>Humanities</b>		
Select one Humanities course		3
<b>Social and Behavioral Sciences</b>		
PSYC 233	Human Growth and Development-GTSS3 <sup>3</sup>	3
Select one Social and Behavioral Sciences course		3
<b>Fine Arts</b>		
Select one Fine Arts course		3
<b>Natural Sciences</b> <sup>4</sup>		
Select one Natural Sciences course		3
Select one Natural Sciences course with a lab		4
<b>Total Semester Credit Hours</b>		<b>31</b>

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

<sup>2</sup> Must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.

<sup>3</sup> Must receive a grade of "B" or better.

<sup>4</sup> One course must include a lab.

## Other Lower Division Requirements

Code	Title	Semester Credit Hours
<b>Wellness Requirement</b>		
KINE 100	Health and Wellness	1
Select one Activity Course <sup>1</sup>		1
Select one Activity Course <sup>1</sup>		1
<b>Essential Learning Capstone</b> <sup>2</sup>		
ESSL 290	Maverick Milestone	3
ESSL 200	Essential Speech	1
<b>Total Semester Credit Hours</b>		<b>7</b>

<sup>1</sup> KINA 101/ KINA 102 are recommended for students with limited swimming skills.

<sup>2</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

(7 semester hours)

Code	Title	Semester Credit Hours
BIOL 209	Human Anatomy and Physiology	3
BIOL 209L	Human Anatomy and Physiology Laboratory	1
KINE 265	Emergency Care	3
<b>Total Semester Credit Hours</b>		<b>7</b>

## Program Specific Degree Requirements

(70 semester hours, must maintain a 2.80 cumulative GPA or higher in coursework in this area and earn a grade of "B" or better in all EDUC courses.)

Code	Title	Semester Credit Hours
<b>Required Core Courses</b>		
KINE 200	Foundations of Kinesiology	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
KINE 303 & 303L	Physiology of Exercise and Physiology of Exercise Laboratory	4
KINE 309	Anatomical Kinesiology	3
KINE 401	Organization, Management, and Legal Liabilities for Youth Fitness Programs	3
KINE 494	Kinesiology Senior Seminar	1
<b>Required Concentration Courses</b>		
KINE 211	Methods of Lifetime, Individual, and Dual Activities	3
KINE 214	Methods of Team Activities	3
KINE 251	Water Safety Instructor Course	3

KINE 256	Methods of Creative Play, Dance, Gymnastics, and Literacy	3
KINE 260	School Health Education	3
KINE 301	Health and Fitness Assessment	3
KINE 320	Methods of Teaching Physical Education in Elementary Schools (10 field experience hours)	3
KINE 360	Motor Learning	3
KINE 480	Inclusive Physical Activity	3
KINE 408	Methods of Teaching Physical Education in Secondary Schools (10 field experience hours)	3
KINE 497	Pre-Internship in Physical Education (120 field experience hours) <sup>2</sup>	3

K-12 Licensure Requirements <sup>1</sup>		
EDUC 115	What It Means To Be An Educator (8 field experience hours)	1
EDUC 215	Teaching as a Profession (12 field experience hours)	1
EDUC 342	Pedagogy and Assessment: Secondary and K-12 (20 field experience hours)	3
EDUC 343	Teaching to Diversity (20 field experience hours)	3
EDUC 499D	Teaching Internship and Colloquia: Elementary for K-12 (300 field experience hours)	6
EDUC 499H	Teaching Internship and Colloquia: Secondary for K-12 (300 field experience hours)	6

Other Requirements	
CPR card must be current upon graduation	
Praxis II Exam Passed	
<b>Total Semester Credit Hours</b>	<b>70</b>

<sup>1</sup> All EDUC prefix courses must be completed with a grade of "B" or better to progress through and complete the program sequence. Students must PASS the PRAXIS II exam in the content area prior to commencing the internship. Also, ALL other coursework toward the degree must be successfully completed prior to the internship.

<sup>2</sup> KINE 497 must be completed with a grade of "B" or better prior to the internship.

## General Electives

All college level courses appearing on your final transcript, not listed above that will bring your total semester hours to 120 hours. 5 semester hours.

Code	Title	Semester Credit Hours
Select electives (see recommendations below)		5
<b>Total Semester Credit Hours</b>		<b>5</b>

Code	Title	Semester Credit Hours
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### Suggested Electives

KINE 203	Human Nutrition	3
KINE 307	Philosophy and Psychology of Coaching	3
KINE 370 & 370L	Biomechanics and Biomechanics Laboratory	4

KINE 335	Sport in Society	3
KINE 342	Sport Law and Recreation Risk Management	3
KINE 403	Advanced Strength and Conditioning	3
KINE 405	Sports Nutrition	3

KINA courses on outdoor activities

## Suggested Course Plan

While the sequencing below culminates in a total of 118-125 semester credit hours, students must complete a minimum of 120 semester credit hours as required for completion of the degree, including satisfactory completion of all required courses. Plan to complete requirements with varying hour options accordingly.

First Year		Semester Credit Hours
Fall Semester		
ENGL 111	English Composition I-GTCO1	3
KINE 100	Health and Wellness	1
KINE 200	Foundations of Kinesiology	3
Essential Learning - History		3
Essential Learning - Fine Arts		3
Essential Learning - Natural Science		3
<b>Semester Credit Hours</b>		<b>16</b>

Spring Semester		
ENGL 112	English Composition II-GTCO2	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
BIOL 209 & 209L	Human Anatomy and Physiology and Human Anatomy and Physiology Laboratory	4
MATH 110	Mathematical Investigations-GTMA1	3
Essential Learning - Humanities		3
EDUC 115	What It Means To Be An Educator	1
<b>Semester Credit Hours</b>		<b>17</b>

Second Year		
Fall Semester		
KINE 211	Methods of Lifetime, Individual, and Dual Activities	3
KINE 260	School Health Education	3
PSYC 233	Human Growth and Development-GTSS3	3
Essential Learning - Social and Behavioral Science		3
Essential Learning - Natural Science with Lab		4
<b>Semester Credit Hours</b>		<b>16</b>

Spring Semester		
ESSL 290	Maverick Milestone	3
ESSL 200	Essential Speech	1
EDUC 215	Teaching as a Profession	1
KINA Activity		1
KINE 214	Methods of Team Activities	3
KINE 256	Methods of Creative Play, Dance, Gymnastics, and Literacy	3
KINE 265	Emergency Care	3
General Elective (if needed)		0-1
<b>Semester Credit Hours</b>		<b>15-16</b>

Third Year		
Fall Semester		
KINE 309	Anatomical Kinesiology	3
KINE 360	Motor Learning	3
KINE 480	Inclusive Physical Activity	3
KINE 401	Organization, Management, and Legal Liabilities for Youth Fitness Programs	3
General Elective		3
<b>Semester Credit Hours</b>		<b>15</b>

Spring Semester		
KINA Activity		1
KINE 251	Water Safety Instructor Course	3
KINE 301	Health and Fitness Assessment	3
KINE 303 & 303L	Physiology of Exercise and Physiology of Exercise Laboratory	4
KINE 320	Methods of Teaching Physical Education in Elementary Schools	3
General Elective (if needed)		0-3
<b>Semester Credit Hours</b>		<b>14-17</b>
Fourth Year		
Fall Semester		
EDUC 342	Pedagogy and Assessment: Secondary and K-12	3
EDUC 343	Teaching to Diversity	3
KINE 408	Methods of Teaching Physical Education in Secondary Schools	3
KINE 494	Kinesiology Senior Seminar	1
KINE 497	Pre-Internship in Physical Education	3
Elective (if needed)		0-3
<b>Semester Credit Hours</b>		<b>13-16</b>
Spring Semester		
EDUC 499D	Teaching Internship and Colloquia: Elementary for K-12	6
EDUC 499H	Teaching Internship and Colloquia: Secondary for K-12	6
<b>Semester Credit Hours</b>		<b>12</b>
<b>Total Semester Credit Hours</b>		<b>118-125</b>

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.

## Advising and Graduation

### 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.