KINESIOLOGY

Program Description

Bachelors of Arts in Kinesiology: K-12 Education

The K-12 teaching concentration prepares students 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	3
ENGL 112	English Composition II-GTCO2	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

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.

Certificate in Personal Training

Students enrolled in the personal training certificate should have a strong interest in fitness, health promotion, and personal training. Students will engage in practical experiences that will help them with the possibility of a future career in personal training. Students will explore subject areas that include: anatomy, physiology, kinesiology, applications of physical fitness, and exercise physiology.

Certificate in Strength and Conditioning

Students enrolled in the strength and conditioning certificate should have a desire to train clients in high school, collegiate or professional athletics; private training facilities; tactical fitness; and/or general fitness environments. Student will develop foundational knowledge and applied competencies in strength and conditioning principles to support athletic performance, health, and fitness across diverse populations. The certificate emphasizes core concepts including exercise physiology, biomechanics, program design, and evidence-based training methodologies. Students will learn to assess movement, design and implement strength and conditioning programs, and apply principles of injury prevention and recovery.

Contact Information

Department of Kinesiology
Maverick Center 237B
970.248.1635

Programs of Study Bachelors/Minors

- Adapted Physical Education, Kinesiology (BA)
- Education: K-12 Education, Kinesiology (BA)

Certificates

- Personal Training (Professional Certificate)
- Strength and Conditioning (Professional Certificate)