

# KINESIOLOGY

## Program Description

The Bachelors of Arts in Kinesiology includes two concentration options: Adapted Physical Education and K-12 Teaching.

Students concentrating in adapted physical education 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; and occupational therapist.<sup>1</sup>

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-GTC01	3
ENGL 112	English Composition II-GTC02	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.

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.

<sup>1</sup> Career requires additional post-baccalaureate studies.

## 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 \(Professional Certificate\)](#)