



2005 – 06 PETITION/PROGRAM SHEET
Degree: Bachelor of Arts
Major: Human Performance and Wellness
Concentration: Sport and Fitness Management
www.mesastate.edu/schools/sbps/hpw/sportfitman.htm

About This Major . . .

The BA in Human Performance and Wellness offers five concentrations: adapted physical education; athletic training; exercise science; K-12 teaching; and sport and fitness management. The major is designed for students interested in these areas as well as preparation for graduate or professional schools. Typical career paths include athletic directors, teachers, coaches, pre-physical therapy, pre-occupational therapy, sport managers, and fitness center workers.

Mesa State students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, physical therapy, occupational therapy, physical education, public health, sport management, athletic training, and sport psychology. These include the Universities of Utah, New Mexico, Brigham Young, California State-Chico, Colorado State, Middle Tennessee State, CU-Denver, Regis, Illinois, Louisville, Wichita State, Florida State, St. Augustine, Wyoming, and Northern Colorado.

POLICIES:

1. It is your responsibility to determine whether you have met the requirements for your degree. Please see your MSC Catalog for a complete list of graduation requirements.
2. You must go to the Registrar's Office and fill out the "Intent to Graduate" form **at the beginning of the semester prior to graduating.**
3. This program sheet must be submitted with your graduation planning sheet to your advisor during the **semester prior to graduating, no later than September 15 for Spring graduates, February 15 for Fall graduates.**
4. Your advisor will sign and forward the Program Sheet, Intent to Graduate Form, and Graduation Planning Sheet to the Department Head for signature.
5. Finally, the Department Head or the department administrative assistant will take the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
6. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.
7. NOTE: The semester before graduation, you will be required to take a Major Field Achievement Test (Exit Exam).

NAME: _____ **STUDENT ID #** _____

LOCAL ADDRESS AND PHONE NUMBER: _____

_____ () _____

I, (Signature) _____, hereby certify that I have completed (or will complete) all the courses listed on the Program Sheet. I further certify that the grade listed for those courses is the final course grade received except for the courses in which I am currently enrolled and the courses which I complete next semester. I have indicated the semester in which I will complete these courses.

Signature of Advisor Date _____ 20____

Signature of Department Head Date _____ 20____

Signature of Registrar Date _____ 20____

- Must earn 120 semester hours and meet the academic residency requirements to earn a baccalaureate degree at Mesa State College.
- Must earn a minimum of 40 semester hours in upper division courses (i.e., 300-level and 400-level courses).
- A cumulative grade point average of 2.0 or higher must be maintained for all courses taken and for all courses in the major.
- When filling out this program sheet a course can only be used once, i.e., no double counting is allowed between categories.
- Excess HPWE courses beyond the two required and pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- All degree requirements must be completed as described. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.
- It is recommended that students work closely with a faculty advisor when selecting courses and scheduling classes prior to registration.
- Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement.

General Education Requirements (Minimum of 33 semester hours) See the M.S.C. catalog for the list of courses that meet the general education categories.

English: ENGL 111 and 112 (6 semester hours, must receive a grade of "C" or higher, must be completed by the time the student has 60 semester hours.)

*ENGL _____

*ENGL _____

*ENGL 129, Honors English, may be substituted for ENGL 111 and ENGL 112. Must earn a grade of "C" or better. May need to take additional electives.

Math: MATH 110 or higher (3 semester hours, must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.)

MATH _____

MATH 113 is suggested.

Humanities: (6 semester hours)

Social and Behavioral Sciences: (6 Semester Hours)

(ECON 201 and ECON 202 are suggested.)

Fine Arts: (3 semester hours)

Natural Sciences: (6 semester hours)

(At least one course must include a lab)

Applied Studies: (3 semester hours)

Other Requirements (9 semester hours)

Human Performance and Wellness: (3 Semester Hours)

Course No. Credit Grade Term Year Trns/Subs

HPWA 100 1 _____

HPWE _____ 1 _____

HPWE _____ 1 _____

See the M.S.C. catalog for the list of approved HPWE Activity courses.

Bachelor of Arts Degree Distinction: (6 semester hours)

(Two **consecutive** classes in the **same** foreign language.)

Course No. Credit Grade Term Year Trns/Subs

FLA _____ 3 _____

FLA _____ 3 _____

(FLAS 114 & 115 will NOT fulfill this requirement.) (**Must** receive a grade of "C" or above.)

Human Performance and Wellness – Sport and Fitness Management Major Requirements (58 semester hours)

Required Core Courses (22 semester hours)

Course No. Credit Grade Term Year Trns/Subs

BIOL 209 3 _____

BIOL 209L 1 _____

HPWA 200 3 _____

HPWA 213 3 _____

HPWA 303 3 _____

HPWA 303L 1 _____

HPWA 309 3 _____

HPWA 309L 1 _____

HPWA 401 3 _____

HPWA 494 1 _____

Required Concentration Courses (36 semester hours)

Course No. Credit Grade Term Year Trns/Subs

MANG 201 3 _____

MARK 231 3 _____

HPWA 301 3 _____

HPWA 335 3 _____

HPWA 342 3 _____

HPWA 345 3 _____

HPWA 402 **or** _____

MARK 402 3 _____

HPWA 406 3 _____

HPWA 499 12 _____

Student must have current First Aid/CPR or take one of the following:

Current CPR Card? Yes / No

If yes, please provide a copy with the expiration date.

Take one of the following: HPWA 265 or HPWA 250

or HPWA _____ 3 _____

Electives (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours. Excludes HPWE activity courses.) (20 semester hours; additional upper division hours may be needed.)

Course	No.	Credit	Grade	Term	Year	Trns/Subs	Course	No.	Credit	Grade	Term	Year	Trns/Subs
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

GRADUATION INFORMATION

See the “Undergraduate Graduation Requirements” in the Mesa State College catalog for additional graduation information.

GENERAL EDUCATION REQUIREMENTS (Minimum of 33 Semester Hours) See current Mesa State College catalog for list of courses that fulfill the requirements below. If one (or more) of the selections below is required in your major, you must use it to fulfill the major requirement and **make a different selection to meet the general education requirement. The courses may not be used to fulfill both requirements.**

English – 6 Semester Hours (Must be **completed** before student has 60 semester hours. Must receive grade of “C” or above.)
ENGL 111 **and** ENGL 112 **or** ENGL 129 (*by permission*)

Mathematics – 3 Semester Hours chosen from:
MATH 110 **or higher** (**MATH 113 suggested**)
(Must be **completed** before student has 60 semester hours. Must receive grade of “C” or above.)

Humanities – 6 semester hours

Social and Behavioral Sciences – 6 semester hours (**ECON 201 and ECON 202 suggested**)

Fine Arts – 3 semester hours

Natural Sciences – 6 semester hours (At least one course must include a lab.)

Applied Studies – 3 semester hours

OTHER REQUIREMENTS (9 Semester Hours)

Human Performance and Wellness – 3 Semester Hours
Each student must take HPWA 100 together with two HPWE Activity courses. See current catalog for listing.

Degree Distinction – 6 Semester Hours

*(Two **consecutive** classes in the same foreign language.) Select from one of the following sequences:

FLAF 111 *followed by* FLAF 112 **or** FLAG 111 *followed by* FLAG 112
Or FLAS 111 *followed by* FLAS 112 **or** FLAS 117 *followed by* FLAS 118

*(FLAS 114 & 115 will **NOT** fulfill this requirement. Two **consecutive** classes in the **same** foreign language. **Must** receive a grade of “C” or above in **both** classes.)

Human Performance and Wellness – Sport and Fitness Management (58 Semester Hours)

Required Core Courses (22 Semester Hours)

BIOL 209 Human Anatomy and Physiology
BIOL 209L Human Anatomy and Physiology Lab
HPWA 200 History and Philosophy of Human Performance
HPWA 213 Applications of Physical Science and Exercise Prescription
HPWA 303 Exercise Physiology
HPWA 303L Exercise Physiology Lab
HPWA 309 Anatomical Kinesiology
HPWA 309L Anatomical Kinesiology Lab
HPWA 401 Org/Ad/Legal Considerations of PE and Sports
HPWA 494 Senior Seminar (Capstone)

Student must have current First Aid/CPR Card or take one of the following:

HPWA 265 First Aid/CPR for the Professional Rescuer

Or

HPWA 250 Lifeguard Training

Required Concentration Courses (36 Semester Hours)

MANG 201 Principles of Management
MARK 231 Principles of Marketing
HPWA 301 Tests and Measurements
HPWA 335 Sport in Society
HPWA 342 Sport Law and Ethics
HPWA 345 Survey of Economics and Finance in Sport
HPWA/MARK 402 Sport Marketing
HPWA 406 Governance/Communication in Sport
HPWA 499 Internship

General Electives: 20 Semester Hours; additional upper division hours may be needed.

Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement. All degree requirements must be completed as described above. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.

SUGGESTED COURSE SEQUENCING FOR A MAJOR IN HUMAN PERFORMANCE AND WELLNESS – SPORT AND FITNESS MANAGEMENT

FRESHMAN YEAR

<u>Fall Semester</u>	<u>Hours</u>	<u>Spring Semester</u>	<u>Hours</u>
ENGL 111 English Composition	3	ENGL 112 English Composition	3
HPWA 100 Health and Wellness	1	BIOL 209 Human Anatomy and Physiology	3
HPWA 200 History and Philosophy of Human Perf.	3	BIOL 209L Human Anatomy and Physiology Lab	1
General Education Fine Arts	3	HPWA 213 Appl. Of Phys. Fitness and Ex. Prescr.	3
MATH XXX (110 or higher)	3	General Education Humanities	3
General Education Natural Science	<u>3</u>	General Education Applied Studies	<u>3</u>
	16		16

SOPHOMORE YEAR

<u>Fall Semester</u>	<u>Hours</u>	<u>Spring Semester</u>	<u>Hours</u>
MANG 201 Principles of Management	3	Degree Distinction (Foreign Language)	3
MARK 231 Principles of Marketing	3	ECON 202 Principles of Microeconomics	3
Degree Distinction (Foreign Language)	3	General Education Humanities	3
General Education Natural Science with Lab	3-4	Elective or Concentration Choice	3
ECON 201 Principles of Macroeconomics	<u>3</u>	Elective or Concentration Choice	3
	15-16	HPWE Activity	<u>1</u>
			16

JUNIOR YEAR

<u>Fall Semester</u>	<u>Hours</u>	<u>Spring Semester</u>	<u>Hours</u>
HPWA 303 Exercise Physiology	3	HPWA 301 Tests and Measurements	3
HPWA 303L Exercise Physiology Lab	1	HPWA/MARK 402 Sport Marketing	3
HPWA 309 Anatomical Kinesiology	3	HPWA 406 Governance/Communication in Sport	3
HPWA 309L Anatomical Kinesiology Lab	1	Elective or Minor	<u>6</u>
HPWA 335 Sport in Society	3		15
Elective or Minor	<u>4</u>		
	15		

SENIOR YEAR

<u>Fall Semester</u>	<u>Hours</u>	<u>Spring Semester</u>	<u>Hours</u>
HPWA 345 Survey of Econ. And Finance in Sport	3	HPWA 499 Internship	<u>12</u>
HPWA 401 Org/Ad/Legal of PE/Sport	3		12
HPWA 494 Senior Seminar	1		
Elective or Minor	<u>7-8</u>		
	14-15		