

Monfort Family Human Performance Lab

The Monfort Family Human Performance Laboratory is one of the most technologically advanced facilities for applied physiological and biomechanical research west of the Mississippi River. The lab offers a myriad of services for community members, athletes, students, and faculty. It provides Colorado Mesa University the opportunity to affect the health and athletic performance of the region. This integrative, multi-use human performance laboratory fills a need in the community by providing advanced physiological, biomechanical, performance, and wellness testing.

Contact the Monfort Family Human Performance Lab
ph: 970.248.1935



The Department of Kinesiology is housed in Saunders Field House in The Maverick Center, which was recently expanded to include new classrooms, laboratories and the state-of-the-art Monfort Family Human Performance Laboratory.



Department of Kinesiology



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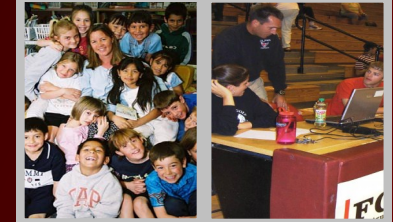
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BACHELOR OF ARTS - KINESIOLOGY

Concentration Choices:

**ADAPTED PHYSICAL EDUCATION
FITNESS and HEALTH PROMOTION
K-12 EDUCATION**

BACHELOR OF SCIENCE

**Majors:
ATHLETIC TRAINING
EXERCISE SCIENCE
SPORT MANAGEMENT**

ASSOCIATE OF SCIENCE
SPORT MANAGEMENT

MINORS

**PERSONAL TRAINING
SPORT MANAGEMENT**

DEPARTMENT OF KINESIOLOGY
coloradomesa.edu/kinesiology

Bachelors of Arts - Kinesiology Concentrations

ADAPTED PHYSICAL EDUCATION

Students who select this concentration will learn to adapt or modify the physical education curriculum and instruction to address the specific abilities of individuals. Students will learn to develop activities that are appropriate and effective for persons with disabilities. Students will participate in Adapted Physical Education related field experiences.

Career Opportunities:*

- Adapted Physical Education Teacher, (K-12). This requires completing the K-12 concentration coursework
- Activity Director at an Assisted Living Center or Rehabilitation Facility
- Physical Therapist
- Occupational Therapist

FITNESS and HEALTH PROMOTION

Students enrolled in this concentration should have a strong interest in the fields of fitness and health promotion. Students will explore the anatomy and physiology of exercise, community health, physical activity and aging, health promotion at the worksite, and sport nutrition, among other subject areas.

Colorado Mesa University students frequently continue their studies in graduate programs at universities widely recognized as top programs in health promotion, public health, and strength and conditioning.

Career Opportunities:*

- Sport and Wellness Program Instructors and Directors
- Strength Coaches for College, University and Professional Sports programs
- Managers and Exercise Leaders in Corporate Wellness Programs
- Nutritionist
- Occupational Therapist
- Personal Trainer

K-12 EDUCATION

In this concentration the student prepares to become a K-12 Physical Education teacher. Students enrolled in this degree program also must be enrolled in the teacher licensure program which offers an innovative, holistic program of study that leads to a K-12 licensure in Colorado. Students who select this major will accumulate over 200 hours of classroom experience before beginning student teaching. The K-12 Education is currently accredited with National Association for Sport and Physical Education (NASPE) and The National Council for Accreditation of Teacher Education (NCATE).

Career Opportunities:*

- Physical Education Teacher (K-12)
- Coach
- Athletic Director

Bachelor of Science Degrees

ATHLETIC TRAINING

The Colorado Mesa University Athletic Training Education Program is fully accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The two-year clinical program is usually completed during the junior and senior years and requires four semesters of on-site clinical experiences. Students must complete 20 hours per week of clinical experiences working with the CMU athletic teams and at nearby off-campus affiliate sites, which include high school athletic training settings, outpatient physical therapy clinics, emergency rooms, and several physicians' offices including general medicine and orthopedics.



Career Opportunities:*

- High Schools
- Colleges and Universities
- Orthopedic Clinics
- Professional Sports
- Physical Therapy Clinics
- Various Wellness Programs

EXERCISE SCIENCE

Students choosing the Exercise Science degree should have a strong interest in the sciences, as this program applies science to human function. The student will begin studies with science courses such as physics, general chemistry, and human anatomy and physiology. Continued studies will include courses such as exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, medical conditions and pharmacology, and sport nutrition. This major prepares students for graduate school in exercise science, physical therapy, and occupational therapy.



Career Opportunities:*

- Physical Therapist
- Physician Assistant
- Occupational Therapist
- Exercise Physiologist
- Cardiac Rehabilitation Specialist

SPORT MANAGEMENT

The discipline of sport management includes the planning, organizing, leading, and evaluating within the context of a sport organization. The program provides the theoretical and practical framework for a number of professions that focus on leadership roles, including the following: youth, amateur, and professional sports; recreational, college and university sports programs; and the marketing and management of all sport and fitness-related goods. Students will develop into competent leaders for the various professions that focus on sport and fitness. This major prepares students for graduate school in sport management or business administration.



Career Opportunities:*

- College and professional sport or athletic organizations
- Community recreation
- Sports facility management
- Public relations and marketing for college and professional sporting organizations