

EXERCISE AND SPORT SCIENCE COMPREHENSIVE MAJOR: HEALTH AND FITNESS EMPHASIS

Program Requirements

A minimum of 62 credits is required, including the 15-credit Exercise and Sport Science Nucleus:

To graduate, all exercise and sport science majors must complete ESS 181 Foundations of Exercise and Sport Science and ESS 185 Lifetime Wellness with a minimum grade of "C-":

Code	Title	Credits
Exercise and Sport Science Nucleus		
ESS 181	Foundations of Exercise and Sport Science	3
ESS 185	Lifetime Wellness	3
ESS 320	Psychology of Sport and Physical Activity	3
ESS 490	Sociology of Sport and Physical Activity	3
Select one of the following ESS Capstone courses: ¹		3
ESS 495	Senior Seminar in Exercise and Sport Science	
EDUC 410	K-12 Student Teaching	
ESS 498	Internship in Exercise and Sport Science	
Total Credits		15

¹ EDUC 410 K-12 Student Teaching is a capstone option for K-12 Physical Education majors seeking Colorado licensure; ESS 498 Internship in Exercise and Sport Science is a capstone option for the ESS Standard Emphasis.

First Aid/CPR Competency and the following:

Code	Title	Credits
ESS 201	Essentials of Human Anatomy and Physiology (with Lab)	4
ESS 275	Human Motor Development and Learning	3
ESS 298	Fitness Instruction	3
ESS 330	Exercise Physiology	3
ESS 331	Exercise Physiology Lab	1
ESS 370	Essentials of Strength Training and Conditioning	3
ESS 380	Biomechanics	3
ESS 385	Physical Activity Programming	3
ESS 410	Assessment and Exercise Prescription	3
ESS 411	Wellness Elevated I	3
ESS 450	Risk Management in Physical Activity Settings	3
One of the following:		3
BIOL 300	Basic Nutrition	
ESS 360	Nutrition for Wellness and Performance	
One of the following:		3
ESS 382	Management of Sport and Fitness Facilities	
ROE 466	Facilities and Administration	
Select three of the following:		9

ESS 340	Mental Training for Peak Performance
ESS 355	Psychology of Injury
ESS 363	Inclusive Physical Activity
ESS 365	Topics in Physical Activity

Total Credits 47

"C-" or better required for both ESS 181 Foundations of Exercise and Sport Science and ESS 185 Lifetime Wellness to receive credit toward ESS degree.

Course	Title	Credits
Year One		
Fall		
ESS 181 or ESS 185	Foundations of Exercise and Sport Science or Lifetime Wellness	3
ENG 102	Writing and Rhetoric I (GT-CO1)	3
HWTR 100	First Year Seminar	1
Gen Ed	General Education Courses	8
Credits		15
Spring		
ESS 181 or ESS 185	Foundations of Exercise and Sport Science or Lifetime Wellness	3
MATH 140	College Algebra (GT-MA1)	3
Gen Ed	General Education Courses	6
ENG 103	Writing and Rhetoric II (GT-CO2)	3
Credits		15
Year Two		
Fall		
ESS 201	Essentials of Human Anatomy and Physiology (with Lab) <small>Milestone course & prerequisite for ESS 330 & Ess 380.</small>	4
Gen Ed	General Education Courses	7
Elective	Elective/Minor/2nd Major	3
Credits		14
Spring		
ESS 275	Human Motor Development and Learning	3
ESS 298	Fitness Instruction	3
Gen Ed	General Education Courses	4
Elective	Elective/Minor/2nd Major	6
Credits		16
Year Three		
Fall		
ESS 320	Psychology of Sport and Physical Activity	3
ESS 330	Exercise Physiology ^{milestone}	3
ESS 331	Exercise Physiology Lab ^{milestone}	1
ESS 380	Biomechanics	3
Elective	Elective (upper division) ESS/Minor/2nd Major	6
Credits		16
Spring		
ESS 363	Inclusive Physical Activity	3
ESS 370	Essentials of Strength Training and Conditioning	3
ESS 385	Physical Activity Programming	3
ESS 410	Assessment and Exercise Prescription	3
Elective	Elective (upper division) ESS/Minor/2nd Major	3
Credits		15
Year Four		
Fall		
ESS 355	Psychology of Injury	3
ESS 450	Risk Management in Physical Activity Settings	3
Elective	Electives (upper division) ESS/Minor/2nd Major	3
ESS 360	Nutrition for Wellness and Performance	3

ESS 411	Wellness Elevated I	3
Credits		15
Spring		
ESS 382	Management of Sport and Fitness Facilities	3
ESS 495 or ESS 498	Senior Seminar in Exercise and Sport Science or Internship in Exercise and Sport Science	3
ESS 490	Sociology of Sport and Physical Activity	3
ESS 340	Mental Training for Peak Performance	3
Elective	Electives (upper division) ESS/Minor/2nd Major	3
Credits		15
Total Credits		121

Western is committed to doing our part to provide each student a clear path to graduation. This four-year degree plan is a sample map for fulfilling requirements in the major and General Education. The pathway that you take to your degree may differ somewhat from this illustration, depending on where you start and the detours and side trips you may take along the way. You are responsible for ensuring your overall, upper division, and major-specific credits as well as GPA requirements are fulfilled for graduation.