

EXERCISE AND SPORT SCIENCE COMPREHENSIVE MAJOR: K-12 PHYSICAL EDUCATION EMPHASIS (WITH A 3+2 MASTER OF ARTS)

The 3+2 Secondary and K-12 Licensure Program allows students to complete a B.A. in their academic major with an emphasis in Secondary and K-12 Licensure and a Master of Arts in Education in five years. Students apply to the program by December of their junior year. MUS majors interested in the program need to set up an individualized plan with their MUS and EDUC advisors. To be accepted into the 3+2 Program, each student must:

- Provide letters of recommendation from at least one Education Department faculty member and one faculty member from the student's major
- Prove content, as defined by the Colorado Department of Education
- Be accepted into Western's Teacher Licensure Program
- Successfully complete EDUC 340 (by Spring of junior year)
- Be on track to complete all coursework required within the academic major

Upon satisfactory completion of these requirements, students will be designated as "MAED candidates with provisional acceptance." Upon completion of the final undergraduate credits for the Western B.A., students will be designated as "MAED degree-seeking students." Students who have completed all other requirements of the 3+2 Secondary and K-12 Licensure Degree Program and all Western undergraduate requirements, yet choose to leave the MAED program before Year Five, will still have completed the BA in Secondary and K-12 Licensure, have earned 120 credits necessary for a Western undergraduate degree, and be eligible to apply for initial teacher licensure.

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 Captone courses: ¹		
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.

Program Requirements

Students interested in pursuing this comprehensive program should consult with the Teacher Education Program advisor in addition to the advisor in their major as soon as possible. Students seeking Colorado licensure must fulfill the requirements for K-12 Physical Education Licensure (see description under Education).

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 Captone courses: ¹		
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.

In addition, the student must fulfill the requirements of the K-12 Licensure 3+2 Program (<https://catalog.western.edu/graduate/programs/education/#programrequirements>) (see description under Education), and the following:

Code	Title	Credits
ESS 201	Essentials of Human Anatomy and Physiology (with Lab)	4
ESS 275	Motor Development and Learning	3
ESS 290	Curriculum Development and the Learning Environment	3
ESS 330	Exercise Physiology	3
ESS 331	Exercise Physiology Lab	1
ESS 350	Assessment & Technology in Physical Education	2
ESS 353	Coordinated School Health and Physical Activity Programs	2
ESS 363	Inclusive Physical Activity	3
ESS 380	Biomechanics	3
ESS 392	Methods of Secondary Activities	3
ESS 395	Methods of Elementary Activities	3
ESS 396	Methods of Alternative Physical Education	3
One of the following:		
ROE 189	Principles of Outdoor Education	
ESS 298	Fitness Instruction	
Select three of the following:		
ESS 210	Skill Development and Analysis: Net and Wall Games	
ESS 211	Skill and Development and Analysis: Invasion Games	

Course	Title	Credits
ESS 212	Skill Development and Analysis: Target and Fielding Games	
ESS 213	Skill Development and Analysis: Dance	
Year One		
Fall		
EDUC 000	Education Gateway Course	0
ENG 102	Academic Writing (GT-CO1)	3
ESS 181 or ESS 185	Foundations of Exercise and Sport Science or Lifetime Wellness	3
HWTR 100	First Year Seminar	1
Gen Ed	General Education	9
		Credits 16
Spring		
ESS 185 or ESS 181	Lifetime Wellness or Foundations of Exercise and Sport Science	3
ESS 275	Motor Development and Learning	3
Elective	ESS Elective	3
MATH 105	Mathematic: for the Liberal Arts (GT-MA1)	3
Gen Ed	General Education	6
		Credits 18
Year Two		
Fall		
COM 202	Academic Writing and Inquiry (GT-CO2)	3
Elective	ESS Elective	3
ESS 201	Essentials of Human Anatomy and Physiology (with Lab)	4
ESS 290	Curriculum Development and the Learning Environment	3

Course	Title	Credits
Gen Ed	Natural Sciences w/lab	4
		Credits 17
Spring		
Elective		
ESS 276	Emergency Response	3
ESS 298 or ROE 189	Fitness Instruction or Principles of Outdoor Education	3
ESS 392 or ESS 395	Methods of Secondary Activities or Methods of Element: Activities	3
Gen Ed	General Education	3
Gen Ed	Natural Sciences w/lab	4
		Credits 16
Year Three		
Fall		
ESS 320	Psychology of Sport and Physical Activity	3
ESS 330	Exercise Physiology	3
ESS 331	Exercise Physiology Lab	1
ESS 353	Coordinated School Health and Physical Activity Programs	2
ESS 380	Biomechanics	3
ESS 396	Methods of Alternative Physical Education	3
		Credits 15
Spring		
EDUC 340	Application of Pedagogy and Practice	3
ESS 350	Assessment & Technology in Physical Education	2
ESS 363	Inclusive Physical Activity	3

ESS 395 or ESS 392	Methods of Elementary Activities or Methods of Seconda Activities	3
ESS 490	Sociology of Sport and Physical Activity	3
Credits		14
Year Four		
Fall		
EDUC 403	Instruction and Assessment in Content Area	3
EDUC 405	Data-driven Instructional Practices	3
EDUC 604	Learning Environments	3
EDUC 606	Reading and Writing in the Content Area	3
EDUC 610	K-12 Student Teaching	3
Credits		15
Spring		
EDUC 607	Rethinking Learning through 21st Century	3
EDUC 610	K-12 Student Teaching	3
EDUC 620		3
EDUC 629	Inclusion and English Learners	3
Credits		12
Total Credits		123