

# 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
<b>Exercise and Sport Science Nucleus</b>		
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: <sup>1</sup>		
ESS 495	Senior Seminar in Exercise and Sport Science	3
EDUC 410	K-12 Student Teaching	3
ESS 498	Internship in Exercise and Sport Science	3
<b>Total Credits</b>		<b>15</b>

<sup>1</sup> 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
<b>Exercise and Sport Science Nucleus</b>		
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: <sup>1</sup>		
ESS 495	Senior Seminar in Exercise and Sport Science	3
EDUC 410	K-12 Student Teaching	3
ESS 498	Internship in Exercise and Sport Science	3
<b>Total Credits</b>		<b>15</b>

<sup>1</sup> 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 EDUCATN	3
ESS 298	Fitness Instruction	3
Select three of the following:		

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ESS 210	Skill Development and Analysis: Net and Wall Games	
ESS 211	Skill and Development and Analysis: Invasion Games	
ESS 212	Skill Development and Analysis: Target and Fielding Games	
ESS 213	Skill Development and Analysis: Dance	
<b>Course Title</b>		<b>Credits</b>
<b>Year One</b>		
<b>Fall</b>		
EDUC 000	Education Gateway Course	0
ENG 102	Writing and Rhetoric I (GT-C01)	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
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
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	Mathematics for the Liberal Arts (GT-MA1)	3
Gen Ed	General Education	3
ENG 103	Writing and Rhetoric II (GT-C02)	3
ESS 210 or ESS 211 or ESS 212 or ESS 213	Skill Development and Analysis: Net and Wall Games or Skill and Development and Analysis: Invasion Games or Skill Development and Analysis: Target and Fielding Games or Skill Development and Analysis: Dance	1
<b>Credits</b>		<b>19</b>
<b>Year Two</b>		
<b>Fall</b>		
Elective	ESS Elective	3
ESS 201	Essentials of Human Anatomy and Physiology (with Lab)	4
ESS 290	Curriculum Development and the Learning Environment	3
Gen Ed	Natural Sciences w/lab	4
ESS 210 or ESS 211 or ESS 212 or ESS 213	Skill Development and Analysis: Net and Wall Games or Skill and Development and Analysis: Invasion Games or Skill Development and Analysis: Target and Fielding Games or Skill Development and Analysis: Dance	1
ESS 353 or ESS 396	Coordinated School Health and Physical Activity Programs or Methods of Alternative Physical Education	2
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
Elective	ESS Elective	
ESS 276	Emergency Response	3
ESS 298 or ROE 189	Fitness Instruction or PRINCIPLES OF OUTDOOR EDUCATN	3
ESS 392 or ESS 395	Methods of Secondary Activities or Methods of Elementary Activities	3
Gen Ed	General Education	3
Gen Ed	Natural Sciences w/lab	4

ESS 210 or ESS 211 or ESS 212 or ESS 213	Skill Development and Analysis: Net and Wall Games or Skill and Development and Analysis: Invasion Games or Skill Development and Analysis: Target and Fielding Games or Skill Development and Analysis: Dance	1
<b>Credits</b>		<b>17</b>
<b>Year Three</b>		
<b>Fall</b>		
ESS 320	Psychology of Sport and Physical Activity	3
ESS 330	Exercise Physiology	3
ESS 331	Exercise Physiology Lab	1
ESS 380	Biomechanics	3
ESS 396 or ESS 353	Methods of Alternative Physical Education or Coordinated School Health and Physical Activity Programs	3
<b>Credits</b>		<b>13</b>
<b>Spring</b>		
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 Secondary Activities	3
ESS 490	Sociology of Sport and Physical Activity	3
<b>Credits</b>		<b>14</b>
<b>Year Four</b>		
<b>Fall</b>		
EDUC 403	INSTRTN&ASMT IN CONTENT AREA	3
EDUC 405	Data-driven Instructional Practices	3
EDUC 604	Learning Environments	3
EDUC 610	K-12 Student Teaching	3
EDUC 624	Managing to Differentiate	3
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
EDUC 606	Reading and Writing Across the Content Areas	3
EDUC 607	Rethinking Learning in the 21st Century	3
EDUC 610	K-12 Student Teaching	3
EDUC 629	Inclusion and English Learners	3
<b>Credits</b>		<b>12</b>
<b>Total Credits</b>		<b>123</b>