EXERCISE AND SPORT SCIENCE COMPREHENSIVE MAJOR: K-12 PHYSICAL EDUCATION EMPHASIS

Program Requirements

A minimum of 54 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	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:		3
ROE 189	Principles of Outdoor Education	
ESS 298	Fitness Instruction	
Select three of the following:		3
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	
Total Credits		**39**

Students seeking Colorado licensure must fulfill the requirements for K-12 Physical Education Licensure (see description under Education).

Course	Title	Credits
Year One		
	"C" or better required for both ESS 181 and ESS 185 to receive credit toward ESS degree.	
::Students must achieve a “C-“ or better in GE AREA I Essential Skills courses, including ENG 102 & ENG 103.		
	Credits	**0**
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	9
EDUC 000	Education Gateway Course	0
	Credits	**16**
Spring		
ESS 181 or ESS 185	Foundations of Exercise and Sport Science or Lifetime Wellness	3
ESS 275	Motor Development and Learning	3
MATH 105	Mathematics for the Liberal Arts (GT-MA1)	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
Gen Ed	General Education Courses	3
ENG 103	Writing and Rhetoric II (GT-CO2)	3
	Credits	**16**
Year Two		
Fall		
ESS 201	Essentials of Human Anatomy and Physiology (with Lab)	4
ESS 290	Curriculum Development and the Learning Environment	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
Gen Ed	General Education Courses	6
ESS 353	Coordinated School Health and Physical Activity Programs	2
	Credits	**16**
Spring		
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 Elementary Activities	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
Gen Ed	General Education Courses	7
	Credits	**17**
Year Three		
Fall		
ESS 320	Psychology of Sport and Physical Activity	3
ESS 330	Exercise Physiology	3
ESS 331	Exercise Physiology Lab	1
ESS 490	Sociology of Sport and Physical Activity	3
ESS 380	Biomechanics	3
ESS 396	Methods of Alternative Physical Education	3
	Credits	**16**
Spring		
ESS 350	Assessment & Technology in Physical Education	2
ESS 363	Inclusive Physical Activity	3
ESS 392 or ESS 395	Methods of Secondary Activities or Methods of Elementary Activities	3
EDUC 340	Application of Pedagogy and Practice	3
ESS 495 or ESS 498	Senior Seminar in Exercise and Sport Science or Internship in Exercise and Sport Science	3
	Credits	**14**
Year Four		
Fall		
EDUC 403	Instruction and Assessment in Content Area	3
EDUC 404	Creating Positive Learning Environments	3
EDUC 405	Data-driven Instructional Practices	3
EDUC 406	Content Area Literacy	3
EDUC 410	K-12 Student Teaching	3
	Credits	**15**
Spring		
EDUC 407	Maximizing Learning through 21st Century Skills	3
EDUC 410	K-12 Student Teaching	3
EDUC 429	Teaching English Learners for Secondary and K-12 Teachers	3
EDUC 424	Differentiation: Applying Learner-Centered Instruction	3
	Credits	**12**
	Total Credits	**122**

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.