

# EXERCISE AND SPORT SCIENCE COMPREHENSIVE MAJOR: K-12 PHYSICAL EDUCATION EMPHASIS (LICENSURE TRACK)

## Overview

The K–12 Physical Education emphasis with the teaching licensure track at Western Colorado University prepares students to teach health, movement, and lifelong wellness in school settings. The curriculum combines coursework in exercise and sport science with professional preparation in education. Students take courses with faculty from both the Exercise & Sport Science (ESS) and Education departments, engage in applied teaching experiences, and complete a yearlong student teaching internship. Successful completion of ESS program requirements is necessary prior to the student teaching internship, which leads to eligibility for a Colorado K–12 Physical Education teaching license. In addition to coursework, students gain practical experience in community settings through partnerships with local schools in Gunnison and Crested Butte as well as the Gunnison Recreation Center.

## Program Requirements

A minimum of 84 credits is required, including the 21-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
<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:		
ESS 495	Senior Seminar in Exercise and Sport Science	3
ESS 498	Internship in Exercise and Sport Science	3
EDUC 410	K-12 Student Teaching	3
	or EDUC 610 K-12 Student Teaching	3
<b>Total Credits</b>		<b>15</b>

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 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	Whole School, Whole Community, Whole Child (WSCC)	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	3
ESS 298	Fitness Instruction	3
Select three of the following:		3
ESS 210	Skill Development and Analysis: Net and Wall Games	3
ESS 211	Skill and Development and Analysis: Invasion Games	3
ESS 212	Skill Development and Analysis: Target and Fielding Games	3
ESS 213	Skill Development and Analysis: Dance	3
<b>Total Credits</b>		<b>39</b>

## Education Courses:

Students must complete all coursework required within the academic major prior to beginning the year of education coursework and residency or have content advisor and education advisor permission. Prior to admission to the teacher licensure program, students must have their unofficial transcripts signed by the content advisor, indicating all coursework will be completed before residency begins. Students pursuing the Secondary or K-12 Licensure option must also meet all of the requirements for admission to the Teacher Licensure Program before taking EDUC 340 Application of Pedagogy and Practice. Successful completion of EDUC 340 Application of Pedagogy and Practice is a prerequisite for the residency year. In addition, students will complete EDUC 410: K-12 Student Teaching as Exercise and Sport Science capstone and EDUC Licensure requirement (See “Exercise and Sport Science Nucleus” above).

Code	Title	Credits
EDUC 000	Education Gateway Course	0
EDUC 340	Application of Pedagogy and Practice	3
EDUC 403	Instruction & 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 407	Maximizing Learning through 21st Century Skills	3
EDUC 424	Differentiation: Applying Learner-Centered Instruction	3
EDUC 429	Teaching English Learners for Secondary and K-12 Teachers	3
<b>Total Credits</b>		<b>24</b>

## Capstone Course Requirement

The following course in the Exercise and Sport Science Major fulfills the capstone course requirement: ESS 495 Senior Seminar in Exercise and Sport Science. Students completing the K-12 Physical Education Emphasis (Licensure Track) or (with a 3+2 Master of Arts) may use

EDUC 410 K-12 Student Teaching or EDUC 610 K-12 Student Teaching (respectively) to fulfill this requirement.

## Western Watershed General Education Requirements

Students must complete all Western Watershed General Education requirements to graduate.

## Graduation Requirements

Undergraduate programs require a minimum of 120 semester credits for graduation. Of those 120 credits, 40 credits must be in upper-division courses (those marked 300 and above). Fifteen of these 40 upper-division credits must be earned in courses that are part of the standard or comprehensive major program being pursued.

Students are expected to review all graduation requirements, which can be found in the Western Undergraduate Catalog: Graduation Requirements (<https://catalog.western.edu/undergraduate/graduation-requirements/>).

### Sample Plan

Degree Plans are for planning purposes. They reflect a suggested plan to complete the degree in a projected timeframe per program of study.

“Western Watershed Course(s)” refers to a course from the Tributaries area of the Western Watershed program. These courses should be chosen in consultation with the student’s advisor.

Course	Title	Credits
<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 *ESS 185 is a Watershed GE Wellness Skills course. It satisfies the Life Skills requirement. or Lifetime Wellness	3
Western Watershed	Western Watershed course	7
WWGE 101/102/103/104	Headwaters (select one)	2
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
ESS 185 or ESS 181	Lifetime Wellness *ESS 185 is a Watershed GE Wellness Skills course. It satisfies the Life Skills requirement. or Foundations of Exercise and Sport Science	3
MATH 105	Mathematics for the Liberal Arts (GT-MA1) **Math 105 satisfies the Watershed GE Mathematics requirement.	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
Western Watershed	Western Watershed course	6
<b>Credits</b>		<b>16</b>
<b>Year Two</b>		
<b>Fall</b>		
ESS 201	Essentials of Human Anatomy and Physiology (with Lab) *ESS 201 is a milestone course and is the prerequisite for ESS 298, ESS 330 & ESS 380.	4
ESS 290	Curriculum Development and the Learning Environment	3

ESS 353 or ESS 396	Whole School, Whole Community, Whole Child (WSCC) **ESS 353 is a Watershed GE Braided Streams course and may be used to earn either a Local Knowledge, or an Experiential Learning "tag". or Methods of Alternative Physical Education	2
Western Watershed	Western Watershed course	6
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
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 275	Human Motor Development and Learning	3
ESS 298 or ROE 189	Fitness Instruction *ESS 298 is a Watershed GE course. It can be used to earn a Braided Streams: Public Communication tag. or Principles of Outdoor Education	3
ESS 392 or ESS 395	Methods of Secondary Activities or Methods of Elementary Activities	3
Western Watershed	Western Watershed course	6
<b>Credits</b>		<b>16</b>
<b>Year Three</b>		
<b>Fall</b>		
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 320	Psychology of Sport and Physical Activity	3
ESS 330	Exercise Physiology *ESS 330 & ESS 331 are milestone courses and are prerequisites for many other upper division ESS courses.	3
ESS 331	Exercise Physiology Lab *ESS 330 & ESS 331 are milestone courses and are prerequisites for many other upper division ESS courses.	1
ESS 380	Biomechanics	3
ESS 396 or ESS 353	Methods of Alternative Physical Education **ESS 353 is a Watershed GE Braided Streams course and may be used to earn either a Local Knowledge, or an Experiential Learning "tag". or Whole School, Whole Community, Whole Child (WSCC)	3
Elective	ESS Elective/Minor/2nd Major	3
<b>Credits</b>		<b>17</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 *ESS 363 is a Watershed GE Braided Streams course and may be used to earn either a Power & Justice or an Experiential Learning "tag".	3
ESS 395 or ESS 392	Methods of Elementary Activities or Methods of Secondary Activities	3
ESS 490	Sociology of Sport and Physical Activity **ESS 490 is a Watershed GE Braided Streams course and may be used to earn either a Public Communication, or Power and Justice "tag".	3
<b>Credits</b>		<b>14</b>
<b>Year Four</b>		
<b>Fall</b>		
EDUC 404	Creating Positive Learning Environments	3
EDUC 405	Data-driven Instructional Practices	3
EDUC 410	K-12 Student Teaching *EDUC 410 is a Watershed GE Braided Streams course and may be used to earn Experiential Learning "tag".	3
EDUC 424	Differentiation: Applying Learner-Centered Instruction	3

EDUC 429	Teaching English Learners for Secondary and K-12 Teachers	3
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
EDUC 403	Instruction & Assessment in Content Area	3
EDUC 406	Content Area Literacy	3
EDUC 407	Maximizing Learning through 21st Century Skills	3
EDUC 410	K-12 Student Teaching *EDUC 410 is a Watershed GE Braided Streams course and may be used to earn Experiential Learning "tag".	3
<b>Credits</b>		<b>12</b>
<b>Total Credits</b>		<b>120</b>

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.