

EXERCISE AND SPORT SCIENCE COMPREHENSIVE MAJOR: SPORT AND FITNESS MANAGEMENT EMPHASIS

Program Requirements

A minimum of 58 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		
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
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
ACC 201	Introduction to Financial Accounting	3
ACC 202	Introduction to Managerial Accounting	3
ECON 202	Microeconomics	3
ESS 282	Principles of Sport Management	3
ESS 382	Management of Sport and Fitness Facilities	3
ESS 405	Practicum in Exercise and Sport Science	1
ESS 440	Topics in Sport & Fitness Management (must be taken twice for credit)	6
ESS 450	Risk Management in Physical Activity Settings	3
MATH 140	College Algebra (GT-MA1)	3
ROE 333	Recreation and Sport Marketing	3
One of the following:		
BUAD 220	Spreadsheets and Analysis	3
CS 120	Professional Computer Skills	3
One of the following:		
ESS 385	Physical Activity Programming	3
ROE 398	Program Planning (with laboratory)	3
Select two of the following:		
ACC 255	Business Structure and Taxes	6

BUAD 300	Business Ethics
BUAD 343	Sales I
BUAD 350	Human Resource Management
COM 274	Public Relations Communication
COM 375	Social Media Skills
DES 173	Foundation Design: Digital Art and Design
DES 270	Introduction to Graphic Design and Illustration

Total Credits 43

"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	9
Credits		16
Spring		
ESS 181 or ESS 185	Foundations of Exercise and Sport Science or Lifetime Wellness	3
ENG 103	Writing and Rhetoric II (GT-CO2)	3
MATH 140	College Algebra (GT-MA1) "C-" or better required to move on to ACC 201 and ECON 202.	3
Gen Ed	General Education Courses	6
Credits		15
Year Two		
Fall		
ESS 282	Principles of Sport Management	3
ACC 201	Introduction to Financial Accounting "C" or better required to move on to ACC 202.	3
Gen Ed	General Education Courses	9
Credits		15
Spring		
ACC 202	Introduction to Managerial Accounting	3
BUAD 220 or CS 120	Spreadsheets and Analysis or Professional Computer Skills	3
ECON 202	Microeconomics	3
Gen Ed	General Education Courses	3
Elective	Elective/Minor/Certificate/2nd Major	3
Credits		15
Year Three		
Fall		
ESS 320	Psychology of Sport and Physical Activity	3
ESS 385 or ROE 398	Physical Activity Programming or Program Planning (with laboratory)	3
Elective	SFM Major Elective Course	3
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	6
Credits		15
Spring		
ESS 382	Management of Sport and Fitness Facilities	3
ESS 440	Topics in Sport & Fitness Management	3
ROE 333	Recreation and Sport Marketing	3
Elective	SFM Major Elective Course	3
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	3
Credits		15

Year Four**Fall**

ESS 405	Practicum in Exercise and Sport Science	1
ESS 450	Risk Management in Physical Activity Settings	3
ESS 490	Sociology of Sport and Physical Activity	3
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	9
CPR	First Aid/CPR Competency	
Credits		16

Spring

ESS 440	Topics in Sport & Fitness Management	3
ESS 495 or ESS 498	Senior Seminar in Exercise and Sport Science or Internship in Exercise and Sport Science	3
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	9
Credits		15
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.