

# EXERCISE AND SPORT SCIENCE MAJOR: STANDARD PROGRAM

## Program Requirements

All standard majors require a minor in a second discipline or a second major.

### Exercise and Sport Science Emphasis

A minimum of 41 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
<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>		3
ESS 495	Senior Seminar in Exercise and Sport Science	
EDUC 410	K-12 Student Teaching	
ESS 498	Internship in Exercise and Sport Science	
<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.

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 282	Principles of Sport Management	3
ESS 330	Exercise Physiology	3
ESS 331	Exercise Physiology Lab	1
ESS 363	Inclusive Physical Activity	3
Nine upper division ESS elective credits		9
<b>Total Credits</b>		<b>26</b>

"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
<b>Year One</b>		
<b>Fall</b>		
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
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
ENG 103	Writing and Rhetoric II (GT-CO2)	3
ESS 181 or ESS 185	Foundations of Exercise and Sport Science ("C" or better required to receive credit toward ESS degree.) or Lifetime Wellness	3
MATH 140	College Algebra (GT-MA1)	3
Gen Ed	General Education Courses	6
<b>Credits</b>		<b>15</b>
<b>Year Two</b>		
<b>Fall</b>		
ESS 201	Essentials of Human Anatomy and Physiology (with Lab) <small>milestone course &amp; prerequisite for ESS 330 &amp; ESS 380</small>	4
ESS 282	Principles of Sport Management	3
Gen Ed	General Education Courses	9
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
ESS 275	Human Motor Development and Learning	3
Gen Ed	General Education Courses	7
Elective	Elective/Minor/Certificate/2nd Major	6
<b>Credits</b>		<b>16</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
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	9
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
ESS 363	Inclusive Physical Activity	3
Gen Ed	General Education Courses	3
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	9
<b>Credits</b>		<b>15</b>
<b>Year Four</b>		
<b>Fall</b>		
ESS 490	Sociology of Sport and Physical Activity	3
Elective	Elective (upper division) ESS/Minor/Certificate/2nd Major	12
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
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
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>124</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.