

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 |
|--|--|-----------|
| 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 | 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 |
| Total Credits | | 26 |

"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 | | |
| 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 |
| Credits | | 15 |
| Year Two | | |
| Fall | | |
| ESS 201 | Essentials of Human Anatomy and Physiology (with Lab) <small>milestone course & prerequisite for ESS 330 & ESS 380</small> | 4 |
| ESS 282 | Principles of Sport Management | 3 |
| Gen Ed | General Education Courses | 9 |
| Credits | | 16 |
| Spring | | |
| ESS 275 | Human Motor Development and Learning | 3 |
| Gen Ed | General Education Courses | 7 |
| Elective | Elective/Minor/Certificate/2nd Major | 6 |
| Credits | | 16 |
| Year Three | | |
| Fall | | |
| ESS 330 | Exercise Physiology | 3 |
| ESS 331 | Exercise Physiology Lab | 1 |
| Elective | Elective (upper division) ESS/Minor/Certificate/2nd Major | 12 |
| Credits | | 16 |
| Spring | | |
| ESS 320 | Psychology of Sport and Physical Activity | 3 |
| ESS 363 | Inclusive Physical Activity | 3 |
| Elective | Elective (upper division) ESS/Minor/Certificate/2nd Major | 9 |
| Credits | | 15 |
| Year Four | | |
| Fall | | |
| ESS 490 | Sociology of Sport and Physical Activity | 3 |
| Elective | Elective (upper division) ESS/Minor/Certificate/2nd Major | 12 |
| Credits | | 15 |
| Spring | | |
| 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 | | 12 |
| Total Credits | | 121 |

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.