

Laramie County Community College
Associate Science: Exercise Science

Western Colorado University
Bachelor of Science: Exercise and Sport Science – Health & Fitness Emphasis

Section 1: Degree/Program Requirements (*see LCCC/Western degree plan below on page 7*)

A. Institutional graduation requirements for this degree program:

The graduation requirements for transfer students pursuing a Bachelor of Science degree in Exercise and Sport Science (ESS) – Health & Fitness at Western Colorado University (Western) will be no different from the graduation requirements for a native student, including the minimum number of semester hours required for graduation. Therefore, all students must complete a minimum of 120 credits, 40 of which must be upper-division courses. To graduate, all ESS majors must have a “C-“ or better in all courses required in the major. Students who successfully complete the following courses and receive an ASD degree from Laramie County Community College (LCCC) will receive a BS from Western.

B. Required courses in Major, including prerequisites and required supporting courses:

LCCC Requirements:

General Education Requirements

Strategies for Success	STRT 1000	3
Public Speaking	COMM 2010	3
General Biology	BIOL 1010.....	4
English Composition I.....	ENGL 1010	3
College Algebra	MAT 1400.....	3
General Psychology	PSYC 1000.....	3
Beginning Acting	THEA 1100	3
Sociological Principles.....	SOC 1000.....	3
Human Society and the Individual Choices elective.....		3
Intro to Chemistry	CHEM1000	--
OR		
<u>General Chemistry I.....</u>	<u>CHEM 1020</u>	<u>4</u>
<i>Total General Education Requirements</i>		<i>32</i>

Program Requirements:

Intro to Exercise Programming.....	KIN 1212.....	1
Kinesiology, The Science of Hum Mov	KIN 1100.....	3
Standard First Aid and Safety	HLED 1221	2
Human Life Span Development.....	EDST 2420.....	3
Personal Trainer Education I	KIN 2135.....	3
Nutrition.....	HOEC 1140	2
Human Anatomy.....	ZOO 2015	--
OR		
Anatomy and Physiology I.....	ZOO 2010.....	4
Human Physiology.....	ZOO 2025	--
OR		

Anatomy and Physiology II	ZOO 2020.....	4
Personal Trainer Education II	KIN 2137.....	3
Exercise Science Practicum I.....	KIN 2470.....	1
Prevention and Care of Athletic Injuries	PEPR 2050	2
Exercise Science Practicum II	KIN 2471	2
Personal Health	HLED 1006	3
<u>Exercise Science Internship</u>	<u>KIN 2450</u>	<u>1</u>
<i>Total Program Requirements</i>		<i>34</i>
LCCC Total.....		66

Western Requirements:**ESS – Health & Fitness Major Requirements:**

A minimum of 62 credits is required, including the 15-credit Exercise and Sport Science Nucleus, First Aid/CPR Competency and the following:

ESS 201 Essentials of Anatomy and Physiology (with laboratory)	4
ESS 275 Motor Development and Learning	3
ESS 298 Fitness Instruction	3
ESS 330 Exercise Physiology	3
ESS 331 Exercise Physiology Lab	1
ESS 370 Essentials of Strength Training and conditioning	3
ESS 380 Biomechanics	3
ESS 385 Program Design for Physical Activity Settings	3
ESS 410 Assessment and Exercise Prescription	3
ESS 411 Wellness Elevated I	3
ESS 450 Risk Management in Physical Activity Settings	3

One of the following:

BIOL 300 Basic Nutrition	3
ESS 360 Nutrition for Wellness and Performance	3

One of the following:

ESS 382 Sport and Fitness Facility Management	3
ROE 466 Facilities Management	3

Three of the following

ESS 340 Mental Training for Peak Performance	3
ESS 355 Psychology of Injury	3
ESS 363 Adapted Physical Activity	3
ESS 365 Topics in Physical Activity	3

General Studies Requirements (select from approved list in Catalog):

I: Essential Skills.....	9
II: Liberal Arts	17
<u>III: Arts and Humanities.....</u>	<u>9</u>
Western Total.....	97



DEGREE PLAN

Exercise & Sport Science- Health & Fitness – first two years at LCCC						
FIRST YEAR						
Fall Semester				Spring Semester		
Course		Sem	CR	Course		Sem CR
KIN 1212	Intro to Exercise Programming	F	1	EDST 2420	Human Life Span Development	S 3
ENGL 1010	English Composition I	F	3	KIN 2135	Personal Trainer Education I	S 3
MATH 1400	College Algebra	F	3	HOEC 1140	Nutrition	S 2
STRT 1000	Strategies for Success	F	3	BIOL 1010	General Biology	S 4
KIN 1100	Kinesiology, The Science of Human Movement	F	3	CHEM 1000 or CHEM 1020	Intro to Chemistry General Chemistry I	S 4
HLED 1221	Standard First Aid and Safety	F	2			S
			TOTAL 15	TOTAL 16		
SECOND YEAR						
Fall Semester				Spring Semester		
Course		Sem	CR	Course		Sem CR
ZOO 2015 or ZOO 2010	Human Anatomy Anatomy and Physiology I	F	4	ZOO 2020 or ZOO 2025	Anatomy and Physiology II Human Physiology	S 4
HIST 1211 or HIST 1221 or HIST 1251 or ECON 1200 or POLS 1000	U.S. to 1865 U.S. from 1865 Wyoming History Economics, Law, and Government American and Wyoming Government	F	3	PEPR 2050	Prevention and Care of Athletic Injuries	S 2
KIN 2137	Personal Trainer Education I	F	3	KIN 2471	Exercise Science Practicum II	S 2
KIN 2470	Exercise Science Practicum I	F	1	HLED 1006	Personal Health	S 3
COMM 2010	Public Speaking	F	3	THEA 1100	Beginning Acting	S 3
PSYC 1000	General Psychology	F	3	KIN2450	Exercise Science Internship	S 1
				SOC 1000	Sociological Principles	S 3
			TOTAL 17	TOTAL 18		
THIRD YEAR						
Fall Semester				Spring Semester		
Course		Sem	CR	Course		Sem CR
ESS 330	Exercise Physiology	F	3	ESS 320	Psychology of Sport & Physical Activity	S 3
ESS 331	Exercise Physiology Lab	F	1	ESS 340	Mental Training	S 3
ESS 360	Sport Nutrition	F	3	ESS 370	Essentials of Strength & Conditioning	S 3
ESS 380	Biomechanics	F	3	ESS 411	Wellness Elevated I	S 3
ESS 385	Physical Activity Programming	F	3	UD Elec	UD Electives (ESS, minor or 2 nd major)	S 3
			TOTAL 13	TOTAL 15		
FOURTH YEAR						
Fall Semester				Spring Semester		
Course		Sem	CR	Course		Sem CR
ESS 355	Psychology of Injury	F	3	ESS Cap	Senior Sem/Internship	S 3
ESS 405	Practicum in ESS	F	3	ESS 382	Management of Sport & Fitness Facilities	S 3
ESS 410	Assessment & Exercise Prescription	F	3	ESS 363	Inclusive Physical Activity	S 3
ESS 450	Risk Management in P.A. Settings	F	1	ESS 490	Sociology of Sport & Physical Activity	S 3
UD Elec	UD Electives (ESS, minor or 2 nd major)	F	3	UD Elec	UD Electives (ESS, minor or 2 nd major)	S 3
			TOTAL 13	TOTAL 15		
			UPPER DIVISION MINIMUM 56	GRAND TOTAL 122		

Sem: F=Fall | S=Spring |

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.

For complete information about this degree program, please consult the university catalog at <http://www.western.edu/catalog>.