

Laramie County Community College  
 Associate Science: Exercise Science

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

*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	

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

