

**Bachelor of Arts with a Major in Exercise and Sport Science
K-12 Physical Education Emphasis
Suggested 4-Year Course Sequence****

| First Year | Sem. Hrs. |
|-------------------|-----------------------------|
| ESS 181 | 3 |
| ESS 185 | 3 |
| ENG 102 | 3 (must meet prerequisites) |
| ESS 276 | 3 |
| ESS 210-213 | 1 (choose 1) |
| MATH 105 | 3 (must meet prerequisites) |
| General Education | <u>15</u> |
| | 31 |

Admission to ESS Major

| Third Semester | Sem. Hrs. | Fourth Semester | Sem. Hrs. |
|-----------------------------------|--------------|------------------------|-----------|
| COTH 202 | 3 | ESS 201 | 4 |
| ESS 210-213 | 1 (choose 1) | ESS 210-213 (choose 1) | 1 |
| ESS 275 (2 nd Writing) | 3 | General Education | 7 |
| General Education | 7 | ESS 395*/ESS 392* | <u>3</u> |
| ESS 290 | 3 | | 15 |
| EDUC 000 | <u>0</u> | | |
| | 17 | | |

| Fifth Semester | Sem. Hrs. | Sixth Semester | Sem. Hrs. |
|----------------|-----------|-------------------|-----------|
| ESS 330 | 3 | ESS 280 | 3 |
| ESS 331 | 1 | ESS 395*/ESS 392* | 3 |
| ESS 320 | 3 | EDUC 340 | 3 |
| Elective | 3 | ESS 490 | 3 |
| EDUC 396* | 3 | ESS 350 | <u>2</u> |
| ESS 363 | <u>3</u> | | 14 |
| | 16 | | |

Summer Internship Orientation Course – 3 credits

| Seventh Semester | Sem. Hrs. | Eighth Semester | Sem. Hrs. |
|---------------------|-----------|------------------|-----------|
| Student Teaching*** | <u>12</u> | Student Teaching | <u>12</u> |
| | 12 | | 12 |

* This course is offered every other year

**This sequence is only a suggestion

***If you do not complete student teaching through Western you must take ESS 495 as the capstone course and complete coursework to meet graduation requirements

NOTE: To complete CHSAA's requirements for coaching eligibility you must also complete the following: ESS 287, ESS 321-329 (4 hrs), ESS 360 or BIOL 300, ESS 450, and 50 documented hours of supervised coaching experience

Total Hours Required to Graduate = 120

Total Hours Required for Major = 52

Total Upper Division Hours Required = 40