

Articulation Agreements for 2021 through 2026

Western Colorado University and Laramie County Community College

The faculty at Laramie County Community College (LCCC) and Western Colorado University (Western) have developed a set of program agreements referred to as the Exercise Science Agreements to provide students some creative academic and career opportunities. Students are to complete the two year portion of the agreement at LCCC and then complete the bachelor's degree portion at Western.

The agreements are in the following areas:

Laramie County Community College
ASD, Exercise Science (ES)
ASD, ES-Sport Management

Western Colorado University
BS, ESS-Health & Fitness Emphasis
BS, ESS-Sport & Fitness Management Emphasis

Definition of Degrees

ASD	Associate of Science Degree
BS	Bachelor of Science
ES	Exercise Science
ESS	Exercise and Sport Science

Requirements of the Agreements

This Agreement is effective with the 2021 – 2022 *Catalog* year, and shall continue for five (5) years, or until terminated. Either party may terminate the Agreement without cause upon 90 days written notice to the other party. Notwithstanding the foregoing, either party may terminate the Agreement immediately in the event that participation under the Agreement may give rise to a violation of any requirement of federal or state law or regulation or the requirements of any accrediting agency having jurisdiction.

LCCC's President and the Vice President of Academic Affairs, along with Western's Academic Affairs Office, will review the Articulation Agreements yearly.

Notwithstanding anything contained in this Agreement to the contrary, LCCC's obligations under this Agreement are expressly subject to an annual appropriation being made by LCCC's elected governing board in an amount sufficient to allow LCCC to perform its obligations under this Agreement. If sufficient funds are not so appropriated this Agreement may be terminated by either Party without penalty. LCCC's obligations under this Agreement do not constitute a general obligation indebtedness or multiple year direct or indirect debt or other financial obligation whatsoever within the meaning of the Constitution or laws of the States of Colorado and Wyoming.

Students must complete all course requirements in the agreements at LCCC for Western to honor the transfer program in full. Any deviation from the listed requirements will nullify the student's participation in the program.

If students transfer before completing the program requirements, the Office of the Registrar staff at Western will review their LCCC transcript on a course by course basis for transfer.

Occupational courses will not transfer unless Western's departments approve them through the course substitution process.

Joint Admission at Laramie County Community College and Western Colorado University

Students will follow the admission policies of LCCC and, upon completion of their degree at LCCC with a 2.30 grade-point average or higher, they will complete the application for Western and be accepted under the LCCC Agreement program. Note that some programs at Western require a 2.500 for admission and completion.

Students transferring to Western will be allowed to use the Western *Catalog* of the same year they entered LCCC as long as all requirements are completed within six years of entering LCCC. All LCCC requirements listed above must be posted on LCCC's transcript prior to students enrolling at Western or this agreement is null and void.

Section I: Degree/Program Requirements

See Appendix A.

Section II: Transfer of Credit

A. Grade Eligibility

1. Only academic courses with a letter grade of "C-" or better will be accepted for transfer; courses with grades of "F," "D," "IP," "I," "AU," and "Z" are not transferable. If a pass/fail or satisfactory/unsatisfactory course is taken, the grade must be "C" or better to be satisfactory/or pass.
2. Treatment of Advanced Placement (AP), CLEP and national standardized test scores, or other non-traditional methods of awarding credit are outlined in the Western *Catalog*.
3. Western will accept all approved credits earned within 10 years of transfer. Courses earned more than 10 years earlier may be evaluated on an individual basis.
4. Western restricts the transferability of non-traditional programs. Restrictions are outlined in the Western *Catalog*.

Section III: Appeals Process

A. Institutional Appeal Process

Students who follow this agreement shall have the right to appeal a transfer decision that appears to be inconsistent with the terms and courses listed in this agreement. Appeals pertaining to this transfer guide should be filed with the Vice President for Academic Affairs at Western. A student may file an appeal that pertains to State Guaranteed General Education Courses directly to Colorado Department of Higher Education (CDHE).

B. State Appeal

If an institution does not respond to a filed appeal within 30 days, the student may file an appeal with the CDHE. If the evidence supports that the institution failed to respond within this time frame, then the appeal is ruled in favor of the student. The Commission's Board of Appeals will hear the complaint and render a recommendation. The decision of the Commission is binding.

This agreement is effective at the date of signature. The statewide transfer

agreement remains in force until such time as LCCC and Western mutually agree to reconsider the terms of this agreement.

The parties, hereto, have executed this Agreement as of the date of last signature. This Agreement may be executed either by electronic or facsimile transmission, each of which will be considered and original.

Western Colorado University:

W.L. Niemi
[W.L. Niemi \(Aug 20, 2021 14:55 MDT\)](#)
Vice President for Academic Affairs

Aug 20, 2021
Date

Nancy Chisholm
[Nancy Chisholm \(Aug 22, 2021 19:14 MDT\)](#)
President

Aug 22, 2021
Date

Laramie County Community College:

Kari Brown-Herbat
Vice President for Academic Affairs

Aug 20, 2021
Date

Joe Schäfer
[Joe Schäfer \(Aug 20, 2021 10:51 MDT\)](#)
President

Aug 20, 2021
Date

Section 1: Degree/Program Requirements

Western Requirements for All Exercise and Sport Science majors:

All Exercise and Sport Science majors must complete the 15-credit Nucleus. Students majoring in Business Administration should complete this base curriculum before enrolling in 300- or 400-level BUAD courses. Discuss specific exceptions with your advisor before enrolling in 33- or 400-level BUAD courses.

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
ESS Capstone*: ESS 495, EDUC 410, or ESS 498	3

*EDUC 410 is a capstone option for K-12 Physical Education majors seeking Colorado licensure; ESS498 is a capstone option for the ESS Standard Emphasis.

The 15-credit Exercise and Sport Science Nucleus forms the core for each of the emphasis areas and also comprises the bulk of the Standard Program. It is important that the student achieve a high level of understanding of the basic fundamental concepts represented by these courses to be successful in the completion of the required upper-level course work and in their careers.

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	F	1	EDST 2420	S	3	Human Life Span Development
ENGL 1010	F	3	KIN 2135	S	3	Personal Trainer Education I
MATH 1400	F	3	HOEC 1140	S	2	Nutrition
STRT 1000	F	3	BIOL 1010	S	4	General Biology
KIN 1100	F	3	CHEM 1000 or CHEM 1020	S	4	Intro to Chemistry General Chemistry I
HLED 1221	F	2		S		
TOTAL 15			TOTAL 16			
SECOND YEAR						
Fall Semester			Spring Semester			
Course	Sem	CR	Course	Sem	CR	
ZOO 2015 or ZOO 2010	F	4	ZOO 2020 or ZOO 2025	S	4	Anatomy and Physiology II Human Physiology
HIST 1211 or HIST 1221 or HIST 1251 or ECON 1200 or POLS 1000	F	3	PEPR 2050	S	2	Prevention and Care of Athletic Injuries
KIN 2137	F	3	KIN 2471	S	2	Exercise Science Practicum II
KIN 2470	F	1	HLED 1006	S	3	Personal Health
COMM 2010	F	3	THEA 1100	S	3	Beginning Acting
PSYC 1000	F	3	KIN2450	S	1	Exercise Science Internship
			SOC 1000	S	3	Sociological Principles
TOTAL 17			TOTAL 18			
THIRD YEAR						
Fall Semester			Spring Semester			
Course	Sem	CR	Course	Sem	CR	
ESS 330	F	3	ESS 320	S	3	Psychology of Sport & Physical Activity
ESS 331	F	1	ESS 340	S	3	Mental Training
ESS 360	F	3	ESS 370	S	3	Essentials of Strength & Conditioning
ESS 380	F	3	ESS 411	S	3	Wellness Elevated I
ESS 385	F	3	UD Elec	S	3	UD Electives (ESS, minor or 2 nd major)
TOTAL 13			TOTAL 15			
FOURTH YEAR						
Fall Semester			Spring Semester			
Course	Sem	CR	Course	Sem	CR	
ESS 355	F	3	ESS Cap	S	3	Senior Sem/Internship
ESS 405	F	3	ESS 382	S	3	Management of Sport & Fitness Facilities
ESS 410	F	3	ESS 363	S	3	Inclusive Physical Activity
ESS 450	F	1	ESS 490	S	3	Sociology of Sport & Physical Activity
UD Elec	F	3	UD Elec	S	3	UD Electives (ESS, minor or 2 nd major)
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>.

Laramie County Community College
 Associate Science: Exercise Science – Sport Management

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

Section 1: Degree/Program Requirements (*see LCCC/Western degree plan below on page 10*)

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) – Sport & Fitness Management 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
English Composition I	ENGL 1010	3
College Algebra	MAT 1400	3
Intro to Mass Media	COMM 1000	3
Intro to Photography	COMM 2400	3
Sociological Principles	SOC 1000	3
Natural Sciences Gen Ed elective		4
<i>Total General Education Requirements</i>		<i>25</i>

Program Requirements:

Intro to Sport Management	KIN 1010	3
Economics, Law, and Government	ECON 1200	3
Computer Information Systems	CMAP 1200	3
Macroeconomics	ECON 1010	3
Standard First Aid and Safety	HLED 1221	2
Personal Health	HLED 1006	3
Introduction to Business	BADM 1000	3
Sociology of Sport	SOC 1150	3
Recreation and Leisure in Modern Society ...	KIN 2200	2
Activity Class	PEAC XXXX	1
Principles of Management	MGT 2100	3
Principles of Marketing	MKT 2100	3
<u>History and Philosophy of Sport</u>	<u>KIN 2490</u>	<u>3</u>
<i>Total Program Requirements</i>		<i>35</i>
LCCC Total		60

Western Requirements:**ESS – Sport & Fitness Management Major Requirements:**

A minimum of 55 credits is required, including the 15-credit Exercise and Sport Science Nucleus, First Aid/CPR competency and the following:

ACC 201 Introduction to Financial Accounting	3
ACC 202 Introduction to Managerial Accounting	3
ECON 202 Microeconomics	3
ESS 282 Principles of Sport and Fitness Management	3
ESS 385 Program Design for Physical Activity Settings	3
ESS 405 Practicum in Exercise and Sport Science	1
ESS 440 Topics in Sport Management (must be taken twice)	6
ESS 450 Risk Management in Physical Activity Settings	3
ESS 498 Internship in Exercise and Sport Science	3
MATH 140 College Algebra	3
ROE 333 Recreation and Sport Marketing	3

One of the following:

BUAD 220 Computer Applications in Business	3
CS 120 Professional Computer Skills	3

One of the following:

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

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

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



DEGREE PLAN

Exercise & Sport Science - Sport & Fitness Management – first two years at LCCC

FIRST YEAR							
Fall Semester				Spring Semester			
Course		Sem	CR	Course	Sem	CR	
KIN 1010	Introduction to Sport Management	F	3	ECON 1200	Economics, Law, and Government	S	3
STRT 1000	Strategies for Success	F	3	BADM 1000	Introduction to Business	S	3
COMM 2010	Public Speaking	F	3	SOC 1150	Sociology of Sport	S	3
ENGL 1010	English Composition I	F	3	HLED 1006	Personal Health	S	3
MATH 1400	College Algebra	F	3	AECL 1000 or GEOL 1200 or BIOL 1002	Agroecology History of Earth Discovering Science	S	3
			TOTAL 15				TOTAL 15
SECOND YEAR							
Fall Semester				Spring Semester			
Course		Sem	CR	Course	Sem	CR	
CMAF 1200	Computer Information Systems	F	3	COMM 2400	Intro to Photography	S	3
ECON 1210	Macroeconomics	F	3	MGT 2100	Principles of Management	S	3
KIN 2200	Recreation and Leisure in Modern Society	F	3	MKT 2100	Principles of Marketing	S	3
SOC 1000	Sociological Principles	F	3	COMM 1000	Intro to Mass Media	S	3
HLED 1221	Standard First Aid and Safety	F	2	KIN 2490	History and Philosophy of Sport	S	3
PEAC XXXX	Activity class	F	1				
			TOTAL 15				TOTAL 15
THIRD YEAR							
Fall Semester				Spring Semester			
Course		Sem	CR	Course	Sem	CR	
ESS 320	Psychology of Sport & Physical Activity	F	3	ESS 382	Sport & Fitness Facility Management	S	3
ESS 385	Physical Activity Programming	F	3	ESS 440	Topics in Sport & Fitness Management	S	3
UD Elec	Upper Division Electives (ESS, minor or 2 nd Major)		9	ROE 333	Recreation & Sport Marketing	S	3
				UD Elec	Upper Division Electives (ESS, minor or 2 nd Major)	S	6
			TOTAL 15				TOTAL 15
FOURTH YEAR							
Fall Semester				Spring Semester			
Course		Sem	CR	Course	Sem	CR	
ESS 405	Practicum in ESS	F	1	ESS 440	Topics in Sport & Fitness Management	S	3
ESS 450	Risk Management in P.A. Settings	F	3	ESS 495	Senior Seminar in ESS	S	3
ESS 490	Sociology of Sport & Physical Activity	F	3	ESS 498	Internship in ESS	S	3
UD Elec	Upper Division Electives (ESS, minor or 2 nd major)	F	9	UD Elec	Upper Division Electives (ESS, minor or 2 nd major)	S	6
			TOTAL 16				TOTAL 15
			UPPER DIVISION MINIMUM 60				GRAND TOTAL 121

Sem: F=Fall | S=Spring |

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