

Exercise & Sport Science (ESS)



Western Colorado University (WCU)/Palmer College of Chiropractic Transfer Degree Plan

Interested in Becoming A Chiropractor?

Consider WCUs 3 + 1 Joint Program with Palmer College of Chiropractic

The Basics

- Complete the ESS Clinical Exercise Science Major during your first 3 years at Western
- Apply to Palmer College of Chiropractic (choose one of 2 campuses)
 - Davenport, Iowa; Port Orange, FL
- Successful completion of the first year at Palmer allows you to graduate with a BS degree in ESS from Western while also beginning your chiropractic coursework

Requirements for Admission to Palmer College of Chiropractic

- Completion of 90 credits at Western; including General Education courses and courses in the Clinical Exercise Science major which meet the prerequisite requirements for the Doctor of Chiropractic degree
 - (see list of courses below; 3+1 plans are available for each Palmer campus)
- 3.0 cumulative GPA (may be considered with GPA of 2.75 with no guarantee of admission)
- Recommendation from Western RESS department Chair (or designee)
- Submission of application materials according to posted deadlines

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Required Coursework at WCU (complete minimum of 90 credits in 3 years)

Western Colorado University Palmer College of Chiropractic – Davenport/Florida Campus

Sample Course Sequence *Exercise & Sport Science Major – Clinical Exercise Science emphasis*

Major Coursework for the first 3 years at Western Colorado University (95 credits)

First Year = 34 credits							
Fall Semester				Spring Semester			
Course		Sem	CR	Course		Sem	CR
ESS 181* or ESS 185*	Foundations of Exercise & Sport Science Lifetime Wellness	FS FSSu	3	ESS 181* or ESS 185*	Foundations of Exercise & Sport Science Lifetime Wellness	FS FSSu	3
CHEM 111*	General Chemistry I	FS	3	BIOL 150	Biological Principles w/Lab*	FS	4
CHEM 112	General Chemistry Laboratory	F	1	CHEM 113	General Chemistry II	S	3
ENG 102*	Writing & Rhetoric I	FS	3	CHEM 114	General Chemistry Laboratory II	S	1
MATH 140	College Algebra	FS	3	GE	General Education		3
GE	General Education		3	ENG 103*	Writing & Rhetoric II	S	3
HDWR 100	Intro to the Headwaters	FS	1				
TOTAL			17	TOTAL			17
*Students must achieve a minimum of a “C” in both ESS 181 and ESS 185 to receive credit toward their ESS degree.							
*BIOL 150 & CHEM 111 are milestone courses & prerequisites for BIOL 372.							
*Students must achieve a minimum of a “C-” in GE AREA I Essential Skills courses, including ENG 102 & ENG 103. First Aid and CPR Competency (to be maintained throughout program). F=Fall; S=Spring; Su=Summer							

Second Year = 30 credits							
Fall Semester				Spring Semester			
Course		Sem	CR	Course		Sem	CR
BIO 372*	Human Anatomy & Physiology I (w/ lab)	F	4	ESS 275	Motor Development & Learning	FS	3
				ESS 298	Fitness Instruction	FS	3
PHYS 140	Introductory Physics w/Lab	FS	4	BIO 373*	Human Anatomy & Physiology II (w/ lab)	S	4
GE	General Education		6	GE	General Education		6
*BIOL 372 & BIOL 373 are milestone courses & students must achieve a "D" or better in both to enroll in many higher level ESS classes. F=Fall; S=Spring; Su=Summer							
TOTAL			14	TOTAL			16

Third Year = 31 credits							
Fall Semester				Spring Semester			
Course		Sem	CR	Course		Sem	CR
ESS 330*	Exercise Physiology	FS	3	ESS 320	Psychology of Sport & Activity	FS	3
ESS 331*	Exercise Physiology Lab	FS	1	ESS 410	Assessment & Exercise Prescription	S	3
ESS 380	Biomechanics	F	3	ESS 412	Exercise Biochemistry	S	3
Elec	Electives (ESS, certificate, minor or 2 nd major)		9	Elec	Electives (ESS, certificate, minor or 2 nd major)		6
*Students must pass ESS 330 and ESS 331 with a "D" or better to enroll in many higher level ESS classes. F=Fall; S=Spring; Su=Summer							
TOTAL			16	TOTAL			15

Total: 95 credits

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Required Coursework at Palmer (no more than 30 credits transferred back to WCU)

Fourth Year taken at Palmer College of Chiropractic

- *Select 30 credits of the following coursework to transfer back to WCU from Palmer College from the first-year curriculum that focuses on the basic sciences.*
- *Note: Palmer Entrance Requirements of 90 semester hours with 24 being in the life and physical sciences; half with a lab*
- *Doctor of Chiropractic Degree granted at successful completion of required coursework*

Total for BS Degree granted by WCU = 125 semester credits

First Year Curriculum

1ST TRIMESTER (18)				
DEPT	Course ID Main	Course ID FL	CR	COURSE TITLE
ANAT	51203	51903	4	Gross Anatomy I
ANAT	51204	51904	3	Neuroanatomy I
ANAT	51214	51914	3	Embryology/Histology
CBPM	51111	51911	1	Rights & Responsibilities
PHCH	51331	51931	3	Biochemistry I
PHCH	51335	51935	3	Physiology I
PHIL	51122	51922	1	Chiro Philosophy & History

2ND TRIMESTER (19)				
DEPT	Course ID Main	Course ID FL	CR	COURSE TITLE
ANAT	52205	52905	4	Gross Anatomy II
ANAT	52214	52914	4	Spinal Anatomy
PATH	52301	52901	3	General Pathology
PHCH	52306	52906	3	Biochemistry II
PHCH	52344	52944	3	Physiology II
PHIL	52123	52923	1	Chiro Theory
TECH	52603	52903	1	Palpation

3RD TRIMESTER (19)				
DEPT	Course ID Main	Course ID FL	CR	COURSE TITLE
ANAT	61208	61908	3	Neuroanatomy II
PATH	61421	61921	2	Immunology
PATH	61423	61923	3	Microbiology
PATH	61424	61924	3	Systems Pathology I
PHCH	61345	61945	2	Endocrinology
PHCH	61346	61946	3	Physiology III
RSCH	61112	61912	1	Foundations of Evidence Based Clinical Practice
TECH	61609	61909	2	Subluxation Analysis