



# Bachelor of Science in Exercise Science

Department of Health, Physical Education and Recreation  
Western Michigan University

**Guided Course Selections for those interested in:**

## **Graduate Programs in Exercise Science/Physiology**

### **Required Cognates:**

Students should choose the two semester chemistry option:

- CHEM 1110/1110 General Chemistry I and Lab (4 credits)
- CHEM 1120/1130 General Chemistry II and Lab (4 credits)

Students should choose the one semester physics option:

- PHYS 1070/1080 Elementary Physics and Lab (5 credits)

### **Required Major Courses:**

- Students should choose an internship for HPER 4980 Exercise Science Internship that coincides with career goals.

### **Personal Option Program (POP) Courses:**

*Students must complete 20 credit hours from the POP course list.*

Recommended Courses:

- CHEM 3700/3710 Introduction to Organic Chemistry and Lab (4 credits)
- CHEM 3550/3560 Introduction to Biochemistry and Lab (4 credits)
- BIOS 1500 Molecular and Cellular Biology (4 credits)
- HSV 3350 Pharmacology for Health Professionals (3 credits)
- HPER 4800 Heart Disease and Rehabilitation (3 credits)

The remaining 2 credit hours can be based on the student's interests.

### **Notice to Students:**

*These suggested courses are recommendations only. The student is responsible for researching the academic requirements for graduate programs in exercise science/physiology. The requirements for graduate programs in exercise science/physiology differ between universities. The student may also want to review "Guided Course Selections" guides for the specific career paths of interest.*