



Bachelor of Science in Exercise Science

Department of Health, Physical Education and Recreation
Western Michigan University

Guided Course Selections for those interested in: Strength and Conditioning

Required Cognates:

Students should choose the one semester chemistry option:

- CHEM 1000 Introduction to Chemistry (3 credits)
- Note: If a student is considering graduate school, he or she may want to consider the two semester chemistry option.

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:

- FCS 2600 Nutrition (3 credits)
- FCS 2660 Personal Nutrition (3 credits)
- HPER 4690 Fitness Management (3 credits)
- HOL 5310 Introduction to Holistic Health (3 credits)
- SOC 3730 Sociology of Health and Illness (3 credits)

The remaining 5 credit hour 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 expectations for careers in personal training, corporate wellness, and health and fitness.