

Exercise Science

Western Michigan University

College of Education and Human Development

82-84 Credits (122 Credit Hours Needed for Graduation; No Minor Required)

Name: _____ WIN: _____ Catalog Year: _____

WES	PRE-REQUISITES	COURSES	TRAN/SUB/GRADE	CR HR
REQUIRED COGNATES				
		BIOS 1120 Principles of Biology OR BIOS 1600 Biological Form and Function		3
				3
	BIOS 1120 or 1600 or 1610 (1500) w/"C" or better	BIOS 2110 Human Anatomy		4
	BIOS 2110 w/"C" or better	BIOS 2400 Human Physiology		4
	MATH 1110 w/ "C" or better <i>or</i> placement	CHEM 1100/1110 Gen Chem I		4
	MATH 1100 w/ "C" or better <i>or</i> placement	Or CHEM 1000 Intro to Chemistry (CHEM 1000 no longer at WMU, may transfer in credit)		3
Level II: Scientific Lit. with lab	MATH 1110 w/ "C" or better <i>or</i> placement	PHYS 1130/1140 Gen Physics I Or PHYS 1070/1080 Elem Physics & Lab		5
Level II: Scientific Lit. with lab	MATH 1100 w/ "C" or better <i>or</i> placement			5
Level II: Science and Technology		PSY 1000 General Psychology		3
Level II: Personal Wellness (DI HOL only)		HPHE 1110 Or HOL 1000 Healthy Living		2/3
Total Credits (25-26)				
REQUIRED HPHE COURSES				
		HPHE 1520 Foundations of Exercise Science		3
	BIOS 2110	HPHE 2950 Biomechanical Analysis		3
	BIOS 2110; 2400	HPHE 2980 Exercise Physiology		3
	HPHE 1520	HPHE 3150 Measurements/Evaluation/Stats		3
	HPHE 1110 or HOL 1000; HPHE 1520	HPHE 3500 Modification of Health Behavior		2
		*HPHE 3810 or 1810 First Aid		2
	HPHE 2950; 2980	HPHE 3960 Principles of Strength & Conditioning		3
	HPHE 2980	HPHE 3970 Exercise & Sports Nutrition		3
	HPHE 2950; 2980; 3150	**HPHE 4440 Prof Development in Exercise Science		3
	HPHE 2950; 2980; 3150; 3960; 3970	*HPHE 4450 Exercise Testing & Prescription		3
	HPHE 2950; 2980; 3960	HPHE 4910 Exer Mgmt - Chronic Disease/Disorders		3
	All required HPHE courses	HPHE 4980 Internship in Exercise Science; 450 Hrs		6
Total Credits (37)				
PERSONAL OPTION PROGRAM (POP): 20 Credits Required				
See back for course options				
WES	PRE-REQUISITES	APPROVED COURSES		CR HR
Total POP Credits				

PROGRAM GUIDE—MEET WITH A CEHD ADVISOR TO DECLARE MAJOR
www.wmich.edu/education/advising
PERSONAL OPTION PROGRAM (POP) CHOICES

WES	PRE-REQUISITES	APPROVED COURSES	CR HR	PT	OT	PA	Med	Chiro	EX Ph	Fitness	Card Rehab	AT
	BIOS 1600	BIOS 1610 (1500) Molecular & Cellular Biology	4	✓		✓	✓	✓	*			
	BIOS 1600	BIOS 1620 (1510) Ecology & Evolution	4	✓		✓	✓	✓	*			
	CHEM 1120; BIOS 1610 (1500) & BIOS 1620 (1510) w/"C" or better	BIOS 2300 Cell Biology	3				✓	✓	*			
		BIOS 2320 Microbiology Infectious Diseases	4									*
	CHEM 1120; BIOS 1610 (1500) & BIOS 1620 (1510)	BIOS 2500 Genetics	3			✓	✓	✓				
	56+ hrs; BIOS 2500; CHEM 3750 and CHEM 3760 w/"C" or better	BIOS 3120 Microbiology	5			✓	✓	✓				
	56+ hrs; BIOS 2500, CHEM 3750/3760 or 3700/3710 w/"C" or better	BIOS 3500 Human Physiology for Majors	5			✓	✓		*			
	56+ hrs; 12 hrs in Biology	BIOS 5310 Biology of Aging	3	*	*	*	*	*	*	*	*	
Lev III: LNP (DI)		BLS 3050 Intro to Adults with Disabilities	3	*	*	*	*	*	*		*	
❖		BUS 1750 Business Enterprise	3	*	*		*	*		*		
	CHEM 1100/1110	CHEM 1120/1130 Gen Chem II	4	✓		✓	✓	✓	*			*
	CHEM 3700/3710 or 3770/3780	CHEM 3550/3560 Biochemistry	4			✓	✓	✓				
	CHEM 1120/1130	CHEM 3700/3710 OR 3750/3760 Org Chem	4			✓	✓	✓	*			
	CHEM 3750/3760	CHEM 3770/3780 Organic Chemistry II	4			✓	✓	✓				
		COM 4840 Health Communication	3	*	*	*	*	*	*	*	*	
		DANC 1950 Intro to Bartenieff Fundamentals	1									
		DANC 1960 Conditioning for Dancers	2									
		DANC 2900 Dance in the Elementary School	3									
		DANC 2950 Intro to Dance Sci and Kinesiology	3									
		DANC 2960 Intro to Laban Movement Analysis	2									
		DANC 3510 Dancer Wellness	3									
		DANC 3520 Dance Studio Management	3									
		DANC 3550 Training Theories for Dancers	3									
		DANC 3560 Curriculum Development – Dance	3									
		DANC 4400 Teaching Dance Technique	2									
		DANC 4890 Dance Movement	2									
Level II:PW (PS)		FCS 2660 Personal Nutrition (on-line & on campus)	3	*	*	*	*	*	*	*	*	*
		FIN 2420 Entrepreneurial Finance	3	*	*		*	*		*		
Level I: IE		GRN 1000 Introduction to Aging Studies	3	*	*	*	*	*	*	*	*	
		HOL 4700 Relationship-Centered Skills	3	*	*	*	*	*			*	
	***approved by coordinator or advisor	HOL 5300 level "topic" courses										
		HOL 5304 Yoga to Enhance Living	1							*		
	56+ hrs	HOL 5310 Intro Holistic Health	3							*		
		HOL 5321 Holistic Health Coaching	3							*	*	
		HOL 5350 Holistic Approaches to Stress	3							*		
		HOL 5360 Wellness Skills for Health Professions	3	*	*	*	*	*	*		*	*
		HOL 5520 Healing Through Movement	3	*	*			*		*	*	
		HOL 5530 Hol Strategies to Illness and End of Life	3			*	*				*	
		HOL 5550 Successful Aging-Holistic Approaches	3			*	*	*			*	
	HPHE 3960	HPHE 4690 Fitness Management	3						*	*		
	HPHE 2980	*** HPHE 4800 Heart Disease Rehabilitation	3						*		*	
Level I:ODC		HSV 2250 Growth, Development, and Aging	3	✓	✓	✓	*	✓	*	*	*	✓

	CHEM 3550 & BIOS 3500 w/"C" or better	MDSC 4390 Pharmacology for Health Prof	3			✓	✓	✓	*	*	*	*
		MDSC 2010 Medical Terminology (online)	1	✓	✓		✓	✓			*	*
	BIOS 2110 w/"B" or better	MDSC 4300 Cadaver Dissection Lab	2	*	*	*	*		*			
	56+ hrs; BIOS 2400 or 3500	MDSC 4450 Pathophysiology- Health Professions	3									*
	major/minor restrictions	MKTG 2500 Marketing Principles	3	*			*	*		*		
	major/minor restrictions	MGMT 2500 Organizational Behavior	3							*		
	42+ hrs; computer class w/"C" or better	NUR 3330 Informatics for Healthcare Professionals	3	*	*	*	*	*			*	
		OT 2000/2010 Human Functional Anatomy	4	*	*	*	*	*	*	*	*	
		OT 2020 Orientation to OT	3		*							
Level II: ST	45+ hrs for NURS 3220 only	PHIL 3340 Bio Ethics OR NUR 3220 Hlth Ethics	4/3	*	*	*	*	*			*	*
Level II: ST		PHIL 3550 Philosophy of Science	3	*	*	*	*	*	*		*	
	PHYS 1130/1140	PHYS 1150/1160 Gen Physics II	5	✓			✓					
	PSY 1000	PSY 2500 Abnormal Psychology	3	✓	✓							*
Level I: IE		SOC 2000 Principles of Sociology	3	✓	✓			✓				*
	SOC 2000	SOC 3730 Sociology of Health & Illness	3	*	*	*	*	*		*	*	*
Level II: ST	MATH 1100 w/"C" or better <i>or</i> placement	STAT 3660 Data Analysis for Biosciences	4	✓	✓	✓	✓					✓

(It is the student's responsibility to research admission requirements for their intended graduate school.)

✓Required by most grad programs *Recommended; not necessarily required ***Take prior to cardiac rehab internship

❖ May sub as WES Level I: ODC in 2020 catalog and CEHD majors only, pending final curriculum approval