Western Michigan University Exercise Science Curriculum Guide

Exercise Science career path:

- The program is designed to prepare students for careers in: Personal Training, Health and Fitness Promotion, Corporate Wellness, Cardiac Rehabilitation, and Strength and Conditioning. The program is also appropriate for students who are interested in pursuing advanced or professional degrees in Physical or Occupational Therapy, Medicine or Chiropractic, and Exercise Physiology or Biomechanics.
- Students can view majors and minors that are offered in the Human Performance and Health Education department of WMU, and view career information, and other important information at the exercise science website, linked in the WMU website’s “Academics” (undergraduate) directory pages.

Exercise Science biology prerequisites:

- After transfer to WMU, timely progression in the exercise science program is dependent on the successful completion of anatomy and human physiology coursework;
- The second course in the major requires anatomy as a prerequisite, and the third course in the major requires anatomy and human physiology as prerequisites;
- With the requirement of the Principles (BIOS 1120/1100 or 1610) course, there are at least 3 biology courses that you can take at GRCC for transfer to WMU (see below).

Program requirements:

- The following courses may be taken at Grand Rapids Community College. Some of these courses will also meet WMU general education requirements, where noted:

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>GRCC courses</th>
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<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BI 101 or 151</td>
</tr>
<tr>
<td>BIOS 2100</td>
<td>BI 121</td>
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<tr>
<td>BIOS 2400</td>
<td>BI 122</td>
</tr>
<tr>
<td>CHEM 1100/1110 or 1000</td>
<td>CHM 130/131 or 100 (130/31 meets Area VI)</td>
</tr>
<tr>
<td>PHYS 1130/1140 or 1070/1080</td>
<td>PH 125 or PH 115 (both meet Area VI)</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PY 201 (meets Area V)</td>
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HPHE 1110 or HOL 1000  BI 125  (meets Area VIII)

The Exercise Science program also requires a minimum of 20 credits from an area that is called Personal Option Program (POP). The selection from these courses is driven by the career path that you have in mind. Please check with the WMU advisor before making your selections:

### WMU courses | GRCC courses
---|---
BIOS 1620 | BI 152
BIOS 2500 | BI 232
BUS 1750 | BA 103  (meets Area V)
MGMT 2500 | BA 282
MKTG 2500 | BA 270
CHEM 1120/1130 | CHM 160/161
CHEM 3700/3710 or 3750/3760 | CHM 240 or 260 and 261
CHEM 3770/3780 | CHM 270 and 271
PHYS 1150/1160 | PH 126
PHIL 3340 | PL 206
PSY 2500 | PY 231
SOC 2000 | SO 251  (meets Area V)
STAT 3660 | MA 215  (meets Prof. 3)

**General education requirements:**

- Please see the [WMU general education transfer guide](#). Students from GRCC should choose courses from Areas I, II, III, IV, and from Proficiencies 1, 3, and 4 (if MA 215 is completed, then a course from Prof. 3 is not needed).

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