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, at the exercise science website.

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 GCC for transfer to WMU (see below).

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>GCC courses</th>
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<tbody>
<tr>
<td>BIOS 1120/1100</td>
<td>BIO 101 (meets Area VI)</td>
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<tr>
<td>BIOS 2110</td>
<td>BIO 250</td>
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<tr>
<td>BIOS 2400</td>
<td>BIO 251</td>
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<tr>
<td>CHEM 1100/1110 or CHEM 1000</td>
<td>CHM 151 or CHM 099 (151 meets Area VI)</td>
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<tr>
<td>PHYS 1130/1140</td>
<td>PHY 201 (meets Area VI)</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSY 101 or 111 (meets Area V)</td>
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<tr>
<td>HPHE 1110 or HOL 1000</td>
<td>PED 213 (meets Area VIII)</td>
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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** | **GCC courses**
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BIOS 1620 | BIO 102
BUS 1750 | BUS 101 (meets Area V)
CHEM 1120/1130 | CHM 152
CHEM 3750/3760 | CHM 201
CHEM 3770/3780 | CHM 202
MGMT 2500 | BUS 224
MKTG 2500 | BUS 210
PHYS 1150/1160 | PHY 202
PSY 2500 | PSY 295
HSV 2250 | PSY 210
SOC 2000 | SOC 101 (meets Area V)

**General education requirements:**

Please see the [WMU general education transfer guide](#). Students from GCC should choose courses from Areas I, II, III, IV, VII, and from Proficiencies 1, 3, and 4;

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