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 HFC for transfer to WMU (see below).

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>HFC courses</th>
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</thead>
<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BIO 131 or 152</td>
</tr>
<tr>
<td>BIOS 2110</td>
<td>BIO 233</td>
</tr>
<tr>
<td>BIOS 2400</td>
<td>BIO 234</td>
</tr>
<tr>
<td>CHEM 1100/1110 or CHEM 1000</td>
<td>CHEM 131, 141 or 111</td>
</tr>
<tr>
<td>PHYS 1130/1140 or PHYS 1070/1080</td>
<td>PHYS 120 or 131 or 133</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSY 131</td>
</tr>
</tbody>
</table>
The Exercise Science program also requires a minimum of 20 credits from an area 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** | **HFC courses**
---|---
BIOS 1620 | BIO 150
BUS 1750 | BBA 131 (meets Area V)
MGMT 2500 | BBA 133
MKTG 252 | BBA 252
CHEM 1120/1130 | CHEM 142
CHEM 3750/3760 | CHEM 241 and 243
CHEM 3770/3780 | CHEM 242 and 244
PSY 2500 | PSY 251
SOC 2000 | SOC 131 (meets Area V)
STAT 3660 | MATH 141 (meets Prof. 3)

**General education requirements:**

- Please see the [WMU general education transfer guide](#). Students from HFC should choose courses from Areas I, II, III, IV, VII, VIII, and from Proficiencies 1, 3, and 4 (if you complete MATH 141, then a course from Prof. 3 is not needed).

**Approved by:**
Laura Ciccantell - Advising Director
College of Education and Human Development

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