ABOUT THE PROGRAM

This scientifically-based curriculum includes coursework in the basic sciences, the physiology and biomechanics of exercise, fitness assessment and exercise testing, exercise prescription and training, behavior modification and the clinical aspects of exercise.

PERSONAL OPTION PROGRAM

WMU’s exercise science major features a unique Personal Option Program (POP), which allows students to customize their degree pathway based on their career and educational goals. POP elective choices allow students to create an individualized program experience while completing required and recommended courses for graduate studies or professional certifications. POP elective choices include:

- Cardiac rehabilitation
- Chiropractic
- Exercise physiology
- Personal/physical fitness
- Pre-athletic training
- Pre-medicine
- Pre-occupational therapy
- Pre-physical therapy
- Pre-physician assistant

100% of exercise science graduates have completed an internship or field experience.

96% of 2019-20 WMU exercise science graduates were employed within three months of graduation.
PROGRAM STRENGTHS

- This program integrates classroom study with hands-on practical experiences in order to provide students with a comprehensive level of academic preparation. Many courses include laboratory or field work components.

- All students complete a 450-hour internship, built into program coursework, in order to gain experience in their chosen career path. Students are mentored by local fitness and wellness professionals on-site across the greater Kalamazoo community.

- Graduates often pursue advanced degrees in athletic training, physical therapy, occupational therapy, medicine or chiropractic, and exercise physiology or biomechanics. The exercise science program is housed in the Student Recreation Center, a $32 million, state-of-the-art facility which includes a fitness center, swimming pool, racquetball and tennis courts, a climbing wall and multi-purpose gymnasiuums.

- The exercise physiology laboratory features modern fitness technology, including an environmental chamber, underwater weighing tank, metabolic carts, motion analysis systems, body composition analyzers, treadmills, and cycle ergometers.

CAREER POSSIBILITIES

- Corporate wellness
- Cardiac rehabilitation
- Wellness coach
- Health and fitness promotion
- Personal training
- Strength and conditioning

STUDENT ORGANIZATIONS

- ExSci
- Phi Epsilon Kappa
- Student Professional Association of Sports Medicine (SPASM)

“I FEEL EXTREMELY FORTUNATE TO BE ABLE TO LIVE MY PASSION ON A DAILY BASIS AND I LOOK FORWARD TO CONTINUING TO APPLY ALL THAT I HAVE LEARNED TO MY CAREER.”

Mike Coval, exercise science alumnus