EXERCISE SCIENCE

ABOUT THE PROGRAM

Exercise Science is the study of the acute responses and long-term adaptations the human body experiences with physical activity and exercise. The Exercise Science major includes coursework in the basic sciences, physiology of exercise, biomechanics, fitness assessment, exercise testing and prescription, strength and conditioning, sport psychology, and the clinical aspects of exercise.

CONCENTRATION OPTIONS

Each exercise science major will select one of the three concentrations which have been designed to prepare students for different career goals upon graduation. While students may only have one concentration, they may select courses from the other concentrations as electives.

The Human Performance Concentration is ideal for students who wish to continue their education in exercise science areas such as exercise physiology, biomechanics, and motor control as well as conduct related research.

The Clinical/Pre-Professional Concentration is ideal for students looking to go into healthcare fields such as medicine, physical therapy, physician assistant, occupational therapy, athletic training, chiropractic, and cardiac rehabilitation.

The Strength & Conditioning Concentration is ideal for students interested in becoming fitness professionals such as strength and conditioning specialists and personal trainers.

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.
EXERCISE SCIENCE at WMU

PROGRAM STRENGTHS

→ Many of the exercise science courses provide hands-on experiences through class labs. Within these courses, students learn a variety of exercise tests, assessments, skills which prepare students for a career in exercise science or for further graduate studies related to human performance and health care.

→ All students will complete a capstone experience where they can choose from three options: internship, research project with a faculty member, or continuing their Exercise Science education with the Accelerated Graduate Degree program.

→ The exercise physiology laboratory features an environmental chamber, metabolic carts, body composition analyzers, cycle ergometers, and an underwater weighing tank. The biomechanics laboratory hosts a kinematic and kinetic motion analysis system and force plates.

CAREER POSSIBILITIES

• Strength & Conditioning
• Cardiac Rehabilitation
• Health & Fitness Promotion
• Corporate Wellness
• Wellness Coach
• Personal Trainer
• Healthcare Professional after graduate degree

STUDENT ORGANIZATIONS

→ ExSci
→ Phi Epsilon Kappa

“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

CEHD PROGRAM INFORMATION
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