



Exercise Science Program Agreement

Western Michigan University
Bachelor of Science in Exercise Science (B.S.)

Southwestern Michigan College
Associate of Applied Science in Pre-Athletic Training/Sports Medicine (A.A.S.)
Catalog Year 2023 – 2024

I. SMC COURSES for GENERAL EDUCATION/Michigan Transfer Agreement (MTA) (31-32 credits credits)		
See attached SMC MTA guide for specific courses from SMC that will fulfill the MTA requirements		
SMC Course	WMU WES Equivalent	Transfer Credit Hours
English Composition: ENGL 103 or ENGL 103W	ENGL 1050	3 or 4
English Composition or Communication: ENGL 104 or SPEE 104	ENGL 1050 or COM 2000	3
Mathematics: MATH 127	MATH 1110	4
Natural Sciences: BIOL 214	BIOS 2110	4
Natural Sciences: CHEM 100 or 101	CHEM CR or CHEM 1100/1110	4
Social Sciences: PSYC 101	PSY 1000	3
Social Sciences: SOCI 201	SOC 2000	3
Humanities: PHIL 210	PHIL 2010	4
Humanities: SOCI 240	SOC CR	3
TOTAL CREDIT HOURS		31-32 CREDIT HOURS AT SMC

*A grade of 'C' or better is required in all of the above courses to secure SMC's MTA stamp of approval.

II. SMC REQUIRED COURSES for PRE-ATHLETIC TRAINING/SPORTS MEDICINE (28-29 credits)		
SMC Course	WMU Equivalent	Transfer Credit Hours
BIOL 215	BIOS 2400	4
ATHL 101 – Kinesiology	HPHE 1520 or HPHE Credit	3
ATHL 105 - Introduction to Athletic Training	HPHE 1520 or HPHE Credit	3
ATHL 110 - Athletic Training Clinical I	HPHE Credit	3
ATHL 115 – Athletic Training Clinical II	HPHE Credit	3
EDUC 120 – Educational Exploration and Planning	ED 2002	1
HEED 101 – Medical Terminology	H&HS CR	3
HEED 163 – Nutrition	FCS CR	2
PHED 103 – Life Wellness	HPHE 1110	3
PHED 215 – Introduction to Recreation	HPHE 1700	3
Elective to reach 60 credit minimum for A.A.S.	Varies	0-1
TOTAL CREDIT HOURS		28-29 CREDIT HOURS AT SMC

Minimum credits required for SMC A.A.S.: 60

Minimum credits required at WMU: 60

Minimum credits required for WMU B.S.: 122

III. WMU COURSES REQUIRED FOR EXERCISE SCIENCE PROGRAM DEGREE (36 – 42 credits)

WMU Course	WMU Course Title	WMU Credit Hours
HPHE 2950	Kinesiology	3
HPHE 2980	Intro to Exercise Physiology	3
HPHE 3960	Principles of Strength & Conditioning	3
HPHE 3970	Exercise & Sports Nutrition	3
HPHE 4440	Professional Development in Exercise Science	3
HPHE 4450	Exercise Testing & Prescription	3
HPHE 4950	Biomechanics	3
HPHE 1810 or 3810	First Aid & CPR or Healthcare Provider CPR	2
WES LIII: LNP	WES Level III: Local and National Perspectives course	3
WES LIII: GP	WES Level III: Global Perspectives course	3
Electives to reach 60-credit minimum at a 4-year and 122-credit hour minimum for a B.S.	Varies	7 – 13
TOTAL CREDIT HOURS		36 – 42 CREDIT HOURS AT WMU

Concentration Required – Choose One of the Three Below

IV. a. WMU EXERCISE SCIENCE CONCENTRATION - CLINICAL/PRE-PROFESSIONAL (22 – 26 credits)

WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4980 or 5000	Internship in Exercise Science (6cr/450 clock-hours) or Research in Exercise Science (3cr)	3 – 6
BIOS 1600	Biological Form & Function	3
PHYS 1130/1140	General Physics I w/Lab	4/1
HPHE 3150 or STAT 3660	Measurements/Evaluation/Statistics or Data Analysis for Biosciences	3 or 4
HPHE 3500	Modification of Health Behavior	2
HPHE 5910	Clinical Exercise Physiology I	3
HPHE 5915	Clinical Exercise Physiology II	3
TOTAL CREDIT HOURS		22 – 26 CREDIT HOURS AT WMU

IV. b. WMU EXERCISE SCIENCE CONCENTRATION - HUMAN PERFORMANCE (20 – 23 credits)

WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4980 or 5000	Internship in Exercise Science (6cr/450 clock-hours) or Research in Exercise Science (3cr)	3 – 6
BIOS 1600	Biological Form & Function	3
PHYS 1130/1140	General Physics I w/Lab	4/1
HPHE 3150	Measurements/Evaluation/Statistics	3
HPHE 3600	Sport and Performance Psychology	3
HPHE 4940	Advanced Exercise Physiology	3
TOTAL CREDIT HOURS		20 – 23 CREDIT HOURS AT WMU

IV. c. WMU EXERCISE SCIENCE CONCENTRATION - STRENGTH & CONDITIONING (21 credits)

WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4982	Strength and Conditioning Internship I	2
HPHE 4983	Strength and Conditioning Internship II	2
BIOS 1120	Principles of Biology	3
PHYS 1070/1080	Elementary Physics I w/Lab	4/1
HPHE 3150	Measurements/Evaluation/Statistics	3
HPHE 4920	Athlete Testing and Evaluation	3
HPHE 4975	Tactical Training and Conditioning	3
TOTAL CREDIT HOURS		21 CREDIT HOURS AT WMU

TOTAL CREDITS (I –IV)		
60 SMC Credits		
62 WMU Credits		
122 Total Credits		

Minimum credits required for SMC A.A.S: 60 Minimum credits required at WMU: 60 Minimum credits required for WMU B.S: 122

Advising Notes

SMC Academic Advisor

269-782-1303

askanadvisor@swmich.edu

WMU Senior Academic Advisor and Coordinator of Community College Articulation

269-387-3474

shannon.myers@wmich.edu

Program Agreement

This agreement shall commence as of Fall 2023. This program agreement shall abide by all language of the Institutional Agreement between Southwestern Michigan College and Western Michigan University.

Signatures

Southwestern Michigan College

Western Michigan University

Melissa Kennedy,
DNP, RN

Digitally signed by Melissa Kennedy, DNP,
DN: cn=Melissa Kennedy, DNP, RN, o, ou,
email=mkennedy03@swmich.edu, c=US
Date: 2023.03.24 16:28:11 -04'00'



4/11/2023

Melissa Kennedy, Dean
Nursing and Health Services
Southwestern Michigan College

Dr. Yuanlong Liu, Chair
Human Performance and Health Education
Western Michigan University

David W. Fleming



05/22/2023

Dr. David Fleming, Provost
Southwestern Michigan College

Dr. Kristal Ehrhardt, Interim Dean
College of Education and Human Development
Western Michigan University