

WESTERN MICHIGAN UNIVERSITY

College of Education and Human Development

Exercise Science 82-84 Hours

Bay De Noc Community College Transfer Guide

(No Minor Required; 122 Credit Hours Needed for Graduation)

GEN ED	PRE-REQUISITES	COURSES	TRAN/SUB/GRADE	CR HR
REQUIRED COGNATES				
		BIOS 1120 Principles of Biology <i>OR</i> BIOS 1600 Biological Form and Function	BIOL 090, 103, or 202	3 3
	BIOS 1120 or 1600 or 1610 (1500) w/"C" or better	BIOS 2110 Human Anatomy	BIOL 213	4
	BIOS 2110 w/"C" or better	BIOS 2400 Human Physiology	BIOL 213	4
Area VI	MATH 1110 w/"C" or better <i>or</i> placement	CHEM 1100/1110 Gen Chem I	CHEM 090 or 110	4
	MATH 1100 w/"C" or better <i>or</i> placement	<u>Or</u> CHEM 1000 Intro to Chemistry		3
Area VI	MATH 1110 w/ "C" or better <i>or</i>	PHYS 1130/1140 Gen Physics I	PHYS 201	5
Area VI	MATH 1100 w/ "C" or better <i>or</i> placement	<u>Or</u> PHYS 1070/1080 Elem Physics & Lab		5
Area V		PSY 1000 General Psychology	PSYC 201	3
Area VIII		HPHE 1110 <u>Or</u> HOL 1000 Healthy Living		2/3
Total Credits (25-27)				
REQUIRED HPHE COURSES				
		HPHE 1520 Foundations of Exercise Science		3
	BIOS 2110	HPHE 2950 Biomechanical Analysis		3
	BIOS 2110; 2400	HPHE 2980 Exercise Physiology		3
	HPHE 1520	HPHE 3150 Measurements/Evaluation/Stats		3
	HPHE 1110 or HOL 1000; HPHE 1520	HPHE 3500 Modification of Health Behavior		2
		*HPHE 3810 or 1810 First Aid	HLTH 146 or 147	2
	HPHE 2950; 2980	HPHE 3960 Principles of Strength & Conditioning		3
	HPHE 2980	HPHE 3970 Exercise & Sports Nutrition		3
Prof 2	HPHE 2950; 2980; 3150	**HPHE 4440 Prof Development in Exercise Science		3
	HPHE 2950; 2980; 3150; 3960; 3970	*HPHE 4450 Exercise Testing & Prescription		3
	HPHE 2950; 2980; 3960	HPHE 4910 Exer Mgmt - Chronic Disease/Disorders		3
	All required HPHE courses	HPHE 4980 Internship in Exercise Science; 450 Hrs		6
Total Credits (37)				
PERSONAL OPTION PROGRAM (POP): 20 Credits Required				
See back for course options				
GEN ED	PRE-REQUISITES	APPROVED COURSES	TRAN/SUB/GRADE	CR HR
Total POP Credits				

*Take one semester before internship
**Take two semesters before internship

PERSONAL OPTION PROGRAM (POP) CHOICES

GEN ED	PRE-REQUISITES	APPROVED COURSES	CR HR	Equivalent
	BIOS 1600	BIOS 1610 (1500) Molecular & Cellular Biology	4	BIOL 112
	BIOS 1600	BIOS 1620 (1510) Ecology & Evolution	4	BIOL 110
	CHEM 1120; BIOS 1610 (1500) and BIOS 1620 (1510)	BIOS 2300 Cell Biology	3	
	CHEM 1120; BIOS 1610 (1500) and BIOS 1620 (1510)	BIOS 2500 Genetics	3	BIOL 255
	BIOS 2500; CHEM 3750 and CHEM 3760	BIOS 3120 Microbiology	5	
	56+ hrs; BIOS 2500, CHEM 3750/3760 or 3700/3710	BIOS 3500 Human Physiology for Majors	5	
	56+ hrs; 12 hrs in Biology	BIOS 5310 Biology of Aging	3	
Area III		BLS 3050 Intro to Adults with Disabilities	3	
Area V		BUS 1750 Business Enterprise	3	BUSN 160
	CHEM 1100/1110	CHEM 1120/1130 Gen Chem II	4	CHEM 112
	CHEM 3700/3710 or 3770/3780	CHEM 3550/3560 Biochemistry	4	
	CHEM 1120/1130	CHEM 3700/3710 OR 3750/3760 Organic Chemistry	4	CHEM 201
	CHEM 3750/3760	CHEM 3770/3780 Organic Chemistry II	4	CHEM 202
		COM 4840 Health Communication	3	
		FCS 2660 Personal Nutrition (on-line and on campus)	3	HLTH 205
		FIN 2420 Entrepreneurial Finance	3	
Area III		GRN 1000 Introduction to Aging Studies	3	
		HOL 4700 Relationship-Centered Skills	3	
	***approved by coordinator or advisor	HOL 5300 level "topic" courses		
		HOL 5304 Yoga to Enhance Living	1	
		HOL 5305 Mindfulness to Enhance Living	1	
	88+ hrs	HOL 5310 Intro Holistic Health	3	
		HOL 5321 Holistic Health Coaching	3	
		HOL 5350 Holistic Approaches to Stress	3	
		HOL 5360 Counseling Skills for Health Professions	3	
		HOL 5520 Healing Through Movement	3	
		HOL 5530 Holistic Strategies to Illness and End of Life	3	
		HOL 5550 Successful Aging-Holistic Approaches	3	
	HPHE 3960	HPHE 4690 Fitness Management	3	
	HPHE 2980	*** HPHE 4800 Heart Disease Rehabilitation	3	
Area V		HSV 2250 Growth, Development, and Aging	3	
		HSV 3350 Pharmacology for Health Prof	3	
		MDSC 2010 Medical Terminology (online)	1	HLTH 118 or 119
	BIOS 2110 w/"B" or better	MDSC 4300 Cadaver Dissection Lab	2	
	sophomore standing, major/minor restrictions	MKTG 2500 Marketing Principles	3	BUSN 253
	BUS 1750, major/minor restrictions	MGMT 2500 Organizational Behavior	3	
Area VII	42+ hrs; computer class "C" or better	NUR 3330 Informatics for Healthcare Professionals	3	
Area VI		OT 2000/2010 Human Functional Anatomy	4	
		OT 2020 Orientation to OT	3	
Area VII (PHIL) OR II (NURS)	45+ hrs for NURS 3220 only	PHIL 3340 Biomedical Ethics OR NUR 3220 Health Care Ethics	4/3	
Area VII		PHIL 3550 Philosophy of Science	3	
	PHYS 1130/1140	PHYS 1150/1160 Gen Physics II	5	PHYS 202
	PSY 1000	PSY 2500 Abnormal Psychology	3	PSYC 280
Area V		SOC 2000 Principles of Sociology	3	SOCY 151
	SOC 2000	SOC 3730 Sociology of Health & Illness	3	
Prof 3	MATH 1100 w/"C" or better or placement	STAT 3660 Data Analysis for Biosciences	4	MATH 210