

57-58 Credits (122 Credit Hours Needed for Graduation; No Minor Required)

WES	PRE-REQUISITES	COURSES	TRAN/SUB/GRADE	CR HR
COMMON EXERCISE SCIENCE CORE COURSES (Must be completed with a "C" Grade or better)				
		HPHE 1520 Foundations of Exercise Science		3
	BIOS 1120 or 1600 or 1610	BIOS 2110 Human Anatomy		4
	BIOS 2110	BIOS 2400 Human Physiology		4
	BIOS 2110	HPHE 2950 Kinesiology		3
	BIOS 2110; 2400	HPHE 2980 Into to Exercise Physiology		3
	HPHE 2950 and 2980; or 1540	HPHE 3960 Principles of Strength & Conditioning		3
	HPHE 2980 or 1540	HPHE 3970 Exercise & Sports Nutrition		3
	HPHE 2950; 2980; 3150 or STAT 3660	**HPHE 4440 Prof Development in Exercise Science		3
	HPHE 2950; 2980; 3960; 3970; HPHE 3150 or STAT 3660	*HPHE 4450 Exercise Testing & Prescription		3
	HPHE 2950; 3960	HPHE 4950 Biomechanics		3
Level II: Personal Wellness		HPHE 1110 OR HPHE 1701 Health & Personal Wellness (2 cr) AND PEGN course (1 cr)		2 or 3
		*HPHE 1810 First Aid & CPR OR *HPHE 3810 Healthcare Provider CPR		2
CAPSTONE (All courses must be completed with a "C" or better)				
	HPHE 3960; can be taken concurrently with HPHE 4920 & 3970	HPHE 4982 Strength and Conditioning Internship I		2
	HPHE 4982	HPHE 4983 Strength and Conditioning Internship II		2
Total Credits (40-41)				
STRENGTH & CONDITIONING SPECIFIC COURSES (Must be completed with a "C" or better)				
		BIOS 1120 Principles of Biology		3
Level II: Scientific Lit. with lab	MATH 1100 w/ "C" or better placement	PHYS 1070/1080 Elem Physics & Lab		5
	HPHE 1520	HPHE 3150 Measurements/Evaluation/Stats		3
	HPHE 3960; can be taken concurrently with HPHE 3970	HPHE 4920 Athlete Testing and Evaluation		3
	HPHE 3960; 4920	HPHE 4975 Tactical Training and Conditioning		3
Total Credits (17)				

*Take one semester before internship

**Take two semesters before internship

PROGRAM GUIDE—MEET WITH A CEHD ADVISOR TO DECLARE MAJOR
www.wmich.edu/education/advising