

EXERCISE SCIENCE

Bachelor of Science

wmich.edu/humanperformance/academics



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.

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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, alumnus



The exercise science program has two affiliated registered student organizations: **ExSci** and **Phi Epsilon Kappa**.



100% of exercise science students complete a 450-hour internship in order to gain experience in their chosen career path.

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WESTERN MICHIGAN UNIVERSITY
College of Education
and Human Development

CONCENTRATIONS

- 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 **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 **strength and conditioning concentration** is ideal for students interested in becoming fitness professionals such as strength and conditioning specialists and personal trainers.

WHY WMU?

- 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



97% of 2020-21
WMU exercise
science graduates
were employed
or continuing
education within
three months
of graduation.

97%



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