Exercise Science career path:

- The program is designed to prepare students for careers in: Personal Training, Health and Fitness Promotion, Corporate Wellness, Cardiac Rehabilitation, and Strength and Conditioning. The program is also appropriate for students who are interested in pursuing advanced or professional degrees in Physical or Occupational Therapy, Medicine or Chiropractic, and Exercise Physiology or Biomechanics.
- Students can view majors and minors that are offered in the Human Performance and Health Education department of WMU, and view career information, at the exercise science website.

Exercise Science biology prerequisites:

- After transfer to WMU, timely progression in the exercise science program is dependent on the successful completion of anatomy and human physiology coursework;
- The second course in the major requires anatomy as a prerequisite, and the third course in the major requires anatomy and human physiology as prerequisites;
- With the requirement of the Principles (BIOS 1120/1100 or 1610) course, there are at least 3 biology courses that you can take at Delta for transfer to WMU (see below).

Program requirements:

- The following courses may be taken at Delta College. Some of these courses will also meet WMU general education requirements, where noted:

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>Delta courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BIO 111 or 111H or 171 (111 or H meets Area VI)</td>
</tr>
<tr>
<td>BIOS 2110</td>
<td>BIO 152 or 240</td>
</tr>
<tr>
<td>BIOS 2400</td>
<td>BIO 153 or 241</td>
</tr>
<tr>
<td>CHEM 1100/1110 or CHEM 1000</td>
<td>CHM 111 or 111H or CHM 101 (meets Area VI)</td>
</tr>
<tr>
<td>PHYS 1130/1140</td>
<td>PHY 111</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSY 211 or 211C or 211H (meets Area V)</td>
</tr>
</tbody>
</table>
The Exercise Science program also requires a minimum of 20 credits from an area that is called Personal Option Program (POP). The selection from these courses is driven by the career path that you have in mind. Please check with the WMU advisor before making your selections:

**WMU courses** | **Delta courses**
--- | ---
BIOS 1620 | BIO 172 (meets Area VI)
BUS 1750 | MGT 153 or 153H (meets Area V)
MKTG 2500 | MGT 243
CHEM 1120/1130 | CHM 112 or 112H
CHEM 3750/3760 | CHM 210 and 210L
CHEM 3770/3780 | CHM 220 and 220L
PHIL 3340 | PHL 215 or 230
PHYS 1150/1160 | PHY 112
PSY 2500 | PSY 241
SOC 2000 | SOC 211 or 211H (meets Area V)
STAT 3660 | MTH 208 (meets Prof. 3)

**General education requirements:**

Please see the [WMU general education transfer guide](#). Students from Delta should choose courses from the Areas I, II, III, IV, VII, VIII, and from Proficiencies 1, 3, and 4 (if MTH 208 is chosen, then a course from Prof. 3 in not needed).

**Approved by:**
Laura Ciccantell - Advising Director
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