Western Michigan University Exercise Science Curriculum

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, and other important information at the exercise science website, linked in the WMU website’s “Academics” (undergraduate) directory pages.

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 LMC for transfer to WMU (see below).

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>LMC courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BIOL 101 or 111 or HONR 111 (101 meets Area VI)</td>
</tr>
<tr>
<td>BIOS 2110</td>
<td>BIOL 205</td>
</tr>
<tr>
<td>BIOS 2400</td>
<td>BIOL 206</td>
</tr>
<tr>
<td>CHEM 1100/1110</td>
<td>CHEM 111</td>
</tr>
<tr>
<td>PHYS 1130/1140</td>
<td>PHYS 101</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSYC 201</td>
</tr>
</tbody>
</table>
HPHE 1110 or HOL 1000  PHED 214  (meets Area VIII)

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**  
BIOS 1620  
BIOS 2500  
BUS 1750  
MKTG 2500  
STAT 3660  
MGMT 2500  
CHEM 1120/1130  
CHEM 3750/3760  
PHYS 1150/1160  
PSY 2500  
SOC 2000

**LMC courses**  
BIOL 112  
BIOL 212  
BUSA 103  
BUSA 209  
BUSA 216 or MATH 216  
BUSA 220  
CHEM 112  
CHEM 203  
CHEM 204  
PHYS 102  
PSYC 231  
SOC 101  
(meets Area V)

**General education requirements:**

- Please see the [WMU general education transfer guide](#). Students from LMC should choose courses from Areas I, II, III, IV, VII, and Proficiencies 1, 3, and 4 (if you complete BUSA 216 or MATH 216, then a course from Prof. 3 is not needed).

**Approved by:**
Laura Ciccantell - Advising Director  
College of Education and Human Development

**Contact information:**
wmi.edu/education/advising  
(269) 387-3474

Nicholas Hanson - Exercise Science Program Coordinator  
(269) 387-2710  
nicholas.hanson@wmich.edu