Western Michigan University Exercise Science Curriculum Guide

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 also is 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 LCC for transfer to WMU (see below).

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>LCC courses</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BIOL 121 or 127</td>
<td>(121 meets Area VI)</td>
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<tr>
<td>BIOS 2110</td>
<td>BIOL 201</td>
<td></td>
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<tr>
<td>BIOS 2400</td>
<td>BIOL 202</td>
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<tr>
<td>CHEM 1100/1110 or 1000</td>
<td>CHEM 151/161 or 125</td>
<td>(151/161 meets Area VI)</td>
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<tr>
<td>PHYS 1130/1140</td>
<td>PHYS 221</td>
<td>(meets Area VI)</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSYC 200</td>
<td>(meets Area V)</td>
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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 | LCC courses
---|---
BIOS 1620 | BIOL 128
BIOS 2500 | BIOL 270
BUS 1750 | BUSN 118 (meets Area V)
FCS 2660 | PFHW 123
MGMT 2500 | MGMT 228
MGMT 2500 | MGMT 200
CHEM 1120/1130 | CHEM 152/162
CHEM 3700/3710 or 3750/3760 | CHEM 182/192 or 251/272
CHEM 3770/3780 | CHEM 252/272
PHYS 1150/1160 | PHYS 222
PSY 2500 | PSYC 250
SOC 2000 | SOCL 120 (meets Area V)
STAT 3660 | STAT 170

General education requirements:

- Please see the [WMU general education transfer guide](#). Students from LCC should choose courses from Areas I, II, III, IV, VII, VIII, and Proficiencies 1, 3, and 4 (if you complete STAT 170, then a course from Prof. 3 is not needed).

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