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;
- Since Macomb doesn’t offer the human physiology course, you will want to take it as soon as possible at WMU.

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>MCC courses</th>
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</thead>
<tbody>
<tr>
<td>BIOS 1610</td>
<td>BIOL 1000</td>
</tr>
<tr>
<td>BIOS 2110</td>
<td>BIOL 2710</td>
</tr>
<tr>
<td>BIOS 2400</td>
<td>No equivalent</td>
</tr>
<tr>
<td>CHEM 1100/1110</td>
<td>CHEM 1170 (meets Area VI)</td>
</tr>
<tr>
<td>PHYS 1130/1140</td>
<td>PHYS 1180 (meets Area VI)</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSYC 1010   (meets Area V)</td>
</tr>
</tbody>
</table>
HPHE 1110 or HOL 1000  PHED 2022 or 2026 or 2070 (2070 meets Area VIII)
HPHE 1520  PHED 2080

The Exercise Science program also requires a minimum of 20 credits from an area that is called Personal Option Program (POP). The selection of those courses is driven by the career path that you have in mind. Please check with a WMU advisor before making those selections:

**WMU courses**  **MCC courses**
BIOS 1620  BIOL 1010
BUS 1750  BUSN 1010 (meets Area V)
CHEM 1120/1130  CHEM 1180
CHEM 3700/3710 or 3750/3760  CHEM 2260/2270
CHEM 3770/3780  CHEM 2280/2270
MGMT 2500  MGMT 2100
MKTG 2500  MKTG 1010
PHYS 1150/1160  PHYS 1190
STAT 3660  MATH 1340 (meets Prof. 3)
PSY 2500  PSYC 2800
SOC 2000  SOCY 1010

**General education requirements:**

- Please see the [WMU general education transfer guide](#). Students from MCC should choose courses from Areas I, II, III, IV, VII, and Proficiencies 1, 3, and 4 (if you complete MATH 1340, then a course from Prof. 3 is not needed).

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

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