



WESTERN MICHIGAN UNIVERSITY

Monroe County Community College

Fall 2016

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 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 Monroe for transfer to WMU (see below).

Program requirements:

- The following courses may be taken at Monroe C3. Some of these courses will also meet WMU general education requirements, where noted:

| WMU courses | Monroe | |
|-----------------------|---------------|-------------------|
| BIOS 1610 | BIOL 151 | |
| BIOS 2110 | BIOL 157 | |
| BIOS 2400 | BIOL 158 | |
| CHEM 1100/1110 | CHEM 151 | (meets Area VI) |
| PHYS 1130/1140 | PHY 151 | (meets Area VI) |
| PSY 1000 | PSYCH 151 | (meets Area V) |
| HPHE 1110 or HOL 1000 | HPE 150 | (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 of these courses is driven by the career path that you have in mind. Please check with a WMU advisor **before** making these selections:

WMU courses

BIOS 2500

BUS 1750

CHEM 1120/1130

CHEM 3750/3760

CHEM 3770/3780

PHYS 1150/1160

SOC 2000

STAT 3660

Monroe courses

BIOL 264

BUSAD 151

CHEM 152

CHEM 251

CHEM 252

PHY 152

SOC 151

MATH 162

(meets Area V)

(meets Area V)

(meets Prof. 3)

General education requirements:

- Please see the [WMU general education transfer guide](#). Students from MC3 should choose courses from Areas I, II, III, IV, VII and Proficiencies 1, 3, and 4 (if you complete MATH 162, then a course from Prof. 3 is not needed).

Approved by:

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