Exercise Science career path:

- The program is designed to prepare students for careers in: Personal Training, Health and Fitness Promotion, Corporate Training, 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 OCC for transfer to WMU (see below).

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>OCC courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BIO 1511 or 1530</td>
</tr>
<tr>
<td>BIOS 2110</td>
<td>BIO 2630</td>
</tr>
<tr>
<td>BIOS 2400</td>
<td>BIO 2640</td>
</tr>
<tr>
<td>CHEM 1100/1110 or 1000</td>
<td>CHE 1510 or 0950</td>
</tr>
<tr>
<td>PHYS 1130/1140</td>
<td>PHY 1610</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSY 2510</td>
</tr>
</tbody>
</table>
HPHE 1110 or HOL 1000        PER 1590        (meets Area VIII)
HPHE 2950                    EXL 2032
HPHE 2980                    EXL 2010
HPHE 3150                    EXL 2020

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**                      **OCC courses**
BIOS 1620                      BIO 1560
BIOS 2500                      BIO 2560
BIOS 3120                      BIO 2710
BUS 1750                      BUS 1100        (meets Area V)
MKTG 2500                      MKT 2520
CHEM 1120/1130                 CHE 1520
CHEM 3750/3760                 CHE 2610 and 2650
CHEM 3770/3780                 CHE 2620 and 2650
FCS 2660                      HEA 1510
PHYS 1150/1160                 PHY 1620
PSY 2500                      PSY 2910
SOC 2000                      SOC 2510        (meets Area V)
STAT 3660                      MAT 1580        (meets Prof. 3)

**General education requirements:**

- Please see the [WMU general education transfer guide](#). Students from OCC should choose courses from Areas I, II, III, IV, VII and Proficiencies 1, 3, and 4 (if you complete MAT 1580, 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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