Exercise Science career paths

- 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, 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 ACC for transfer to WMU (see below).

Program requirements:

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

<table>
<thead>
<tr>
<th>WMU courses</th>
<th>ACC courses</th>
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</thead>
<tbody>
<tr>
<td>BIOS 1120/1100 or 1610</td>
<td>BIO 114 or 161</td>
</tr>
<tr>
<td>BIOS 2110</td>
<td>BIO 201</td>
</tr>
<tr>
<td>BIOS 2400</td>
<td>BIO 203</td>
</tr>
<tr>
<td>CHEM 1100/1110 or CHEM 1000</td>
<td>CEM 121 or CEM 100</td>
</tr>
<tr>
<td>PHYS 1130/1140</td>
<td>PHY 121</td>
</tr>
<tr>
<td>PSY 1000</td>
<td>PSY 101</td>
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</tbody>
</table>
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** | **ACC courses**
---|---
BUS 1750 | BUS 121 (meets Area V)
MKTG 2500 | BUS 241
CHEM 1120/1130 | CEM 122
CHEM 3750/3760 | CEM 221 (meets Area VI)
CHEM 3770/3780 | CEM 222
PHYS 1150/1160 | PHY 122
STAT 3660 | MTH 223 (meets Prof. 3)
PSY 2500 | PSY 242
SOC 2000 | SOC 123 (meets Area V)

**General education requirements:**

Please see the [WMU general education transfer guide](#). Students from ACC should choose courses from Areas I, II, III, IV, VII, VIII and from Proficiencies 1, 3, and 4 (if MTH 223 is chosen, then a course from Prof. 3 is not needed).

**Approved by:**
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