

WESTERN MICHIGAN UNIVERSITY
College of Education and Human Development – Office of Admissions and Advising
Exercise Science Major (PXDJ): 45 credit hours
(Non-teaching) (Minor Required)

GRAND RAPIDS C.C.

NAME: _____ WIN#: _____ CATALOG: _____

(PREREQUISITES)	COURSE	CR.HRS.	GRAND RAPIDS COURSE
REQUIRED COGNATES:			
	BIOS 1120/BIOS 1100 - Principles of Biology	4	BI 101
(BIOS 1120)	BIOS 2110- Human Anatomy	4	BI 121
(BIOS 1120; BIOS 2110 recommended)	BIOS 2400 - Human Physiology	4	BI 122
	HPER 1110 - Healthy Living	2	BI 125
REQUIRED COURSES: 45 HOURS			(Courses cannot count for both major and minor)
	HPER 1520 – Foundations of Exercise Science	3	
(BIOS 2110)	HPER 2950 – Biomechanical Analysis of Activity	3	
	HPER 2960 – Stress Management and Flexibility	2	
(BIOS 2400)	HPER 2980 – Exercise Physiology	3	
(HPER 1520)	HPER 3150 – Measurement/Evaluation in HPER	3	
(HPER 1520; BIOS 2110; 2400)	HPER 3170 – Cardiovascular Health	2	
(HPER 1110)	HPER 3500 – Modification of Health Behavior	2	
(BIOS 2110; First Aid Cert., or HPER 3810 OR 1810*)	HPER 3800 – Foundations of Sports Injuries	2	
	HPER 3950 – Aerobic Conditioning	2	
	HPER 3960 – Muscular Strength & Endurance	2	
(HPER 2980)	HPER 3970 – Body Composition & Weight Control	2	
(HPER 2980; 3950; 3960)	HPER 4690 – Fitness Management	2	
(HPER 3170; 2980)	HPER 4800 – Basic Electrocardiography	2	
(HPER 2950; 2960; 2980; 3170; 3950; 3960; 3970)	*HPER 4440 – Prof. Development in Exer. Science	3	
(HPER 2950; 2960; 2980; 3170; 3950; 3960; 3970)	HPER 4450 – Exercise Testing & Prescription	3	
(HPER 2950; 2960; 2980; 3170; 3950; 3960; 3970)	HPER 4910 – Exercise for Special Populations	3	
(All Exercise Science courses)	HPER 4980 – Internship in Exercise Science	6	
	(The exercise science internship must be 450 clock hours – minimum)		

122 total hours are required for graduation

*This course satisfies the WMU baccalaureate writing requirement