

**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)**

**HENRY FORD C.C.**

NAME: \_\_\_\_\_ WIN#: \_\_\_\_\_ CATALOG: \_\_\_\_\_

(PREREQUISITES)	COURSE	CR.HRS.	HENRY FORD COURSE
	<b>REQUIRED COGNATES:</b>		
	BIOS 1120/BIOS 1100 - Principles of Biology	4	BIO 131
(BIOS 1120)	BIOS 2110- Human Anatomy	4	BIO 233
(BIOS 1120; BIOS 2110 recommended)	BIOS 2400 - Human Physiology	4	BIO 234
	HPER 1110 - Healthy Living	2	
	<b>REQUIRED COURSES: 45 HOURS</b>		<b>(Courses cannot count for both major and minor)</b>
	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	HPE 150
(HPER 1520)	HPER 3150 – Measurement/Evaluation in HPER	3	HPE 152
(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	
<b>(All Exercise Science courses)</b>	HPER 4980 – Internship in Exercise Science	6	
	<b>(The exercise science internship must be 450 clock hours – minimum)</b>		

**122 total hours are required for graduation**

\*This course satisfies the WMU baccalaureate writing requirement

\*HPER 1810 = HENRY FORD HPE 142