

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

NAME: _____ WIN#: _____ CATALOG: _____

| (PREREQUISITES) | COURSE | CR.HRS. | APPROVED COURSE/GRADE | HRS. |
|--|---|---------|--|------|
| | REQUIRED COGNATES: | | | |
| | BIOS 1120/BIOS 1100 - Principles of Biology | 4 | | |
| (BIOS 1120) | BIOS 2110- Human Anatomy | 4 | | |
| (BIOS 1120; BIOS 2110 recommended) | BIOS 2400 - Human Physiology | 4 | | |
| | HPER 1110 - Healthy Living | 2 | | |
| | REQUIRED COURSES: 45 HOURS | | (Courses cannot count for both major and minor) | |
| “C” grade or better required in this course | HPER 1520 – Foundations of Exercise Science | 3 | | |
| (BIOS 2110) | HPER 2950 – Biomechanical Analysis of Activity | 3 | | |
| (HPER 2950) | 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 Athletic Training | 2 | | |
| (HPER 2950; 2980) | HPER 3950 – Aerobic Conditioning | 2 | | |
| (HPER 2950; 2980) | 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) | | | | |
| “C” grade or better required in this course | *HPER 4440 – Prof. Development in Exer. Science | 3 | | |
| (HPER 2950; 2960; 2980; 3170; 3950; 3960; 3970) | | | | |
| “C” grade or better required in this course | 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

All students who intend to complete the exercise science major will be designated as pre-exercise science. The following criteria must be met prior to application at the HPER Department (fourth floor of the Student Recreation Center): 1) Completion of 35 hours of University course work. 2) Completion of HPER 1520 with a grade of “C” or better. 3) Satisfactory completion of BIOS 1120.

ADVISOR _____ **DATE** _____ **STUDENT SIGNATURE** _____