Exercise Science Program Agreement

Western Michigan University
Bachelor of Science in Exercise Science (B.S.)

Lake Michigan College
Associate of Science in Exercise Science on Pre-Professional Track (A.S.)
Catalog Year 2023 – 2024

I. LMC COURSES FOR GENERAL EDUCATION/MICHIGAN TRANSFER AGREEMENT (MTA) (29 credits)		
LMC Course	**WMU WES Equivalent**	**Transfer Credit Hours**
ENGL 101	ENGL 1050	3
ENGL 102	ENGL CR	3
MATH 216	STAT 3660	3
PSYC 201	PSY 1000	3
BIOL 110	BIOS CR – approved substitute for BIOS 1120	4
CHEM 111	CHEM 1100/1110	4
*Social Sciences Elective (choose discipline other than PSYC)	Varies	3
*Humanities/Fine Arts Electives (courses must be from two different disciplines)	Varies	6
TOTAL CREDIT HOURS		**29 CREDIT HOURS AT LMC**

* See LMC Advisor for specific courses from LMC that will fulfill the MTA requirements;
To satisfy MTA requirements, students must obtain a C (2.0) or better in above courses.

II. LMC REQUIRED CORE COURSES FOR EXERCISE SCIENCE MAJORS (13 credits)		
LMC Course	**WMU Equivalent**	**Transfer Credit Hours**
PHED 214	HPHE 1110	3
PHED 210	HPHE CR	2
BIOL 205	BIOS 2110	4
BIOL 206	BIOS 2400	4
TOTAL CREDIT HOURS		**13 CREDIT HOURS AT LMC**

III. LMC REQUIRED COURSES FOR EXERCISE SCIENCE PRE-PROFESSIONAL TRACK (18 credits)		
LMC Course	**WMU Equivalent**	**Transfer Credit Hours**
EXSC 201	HPHE 1520	3
EXSC 207	HPHE 2980	3
EXSC 208	HPHE 2950	3
CHEM 112	CHEM 1120/1130	4
PHED OR DANC ELECTIVES	Varies	5
TOTAL CREDIT HOURS		**18 CREDIT HOURS AT LMC**

All courses taken at LMC must be completed with a C (2.0) or better to be considered for transfer to Western Michigan University.

IV. WMU COURSES REQUIRED FOR WMU ESSENTIAL STUDIES (WES) (23 – 30 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
WES LIII: LNP	Varies; WES Level III: Local and National Perspectives course	3
WES LIII: GP	Varies; WES Level III: Global Perspectives	3
Elective(s)	Varies; Electives to reach 122-credit hour minimum for a B.S.	17 – 24
TOTAL CREDIT HOURS AT WMU		23 – 30 CREDIT HOURS

V. WMU COURSES REQUIRED FOR EXERCISE SCIENCE PROGRAM DEGREE (17 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 3960	Principles of Strengh & Conditioning	3
HPHE 3970	Exercise & Sports Nutrition	3
HPHE 4440	Professional Development in Exercise Science	3
HPHE 4450	Exercise Testing & Prescription	3
HPHE 4950	Biomechanics	3
HPHE 1810 or 3810	First Aid & CPR or Healthcare Provider CPR	2
TOTAL CREDIT HOURS AT WMU		17 CREDIT HOURS

Concentration Required – Choose One of the Three Below

VI.a. WMU EXERCISE SCIENCE CONCENTRATION – CLINICAL/PRE-PROFESSIONAL (19 – 22 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4980 or 5000	Internship in Exercise Science (6cr/450 clock-hours) or Research in Exercise Science (3cr)	3 – 6
BIOS 1600	Biological Form & Function	3
PHYS 1130/1140	General Physics I w/Lab	4/1
HPHE 3500	Modification of Health Behavior	2
HPHE 5910	Clinical Exercise Physiology I	3
HPHE 5915	Clinical Exercise Physiology II	3
TOTAL CREDIT HOURS AT WMU		19 – 22 CREDIT HOURS

VI.b. WMU EXERCISE SCIENCE CONCENTRATION - HUMAN PERFORMANCE (17 – 20 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4980 or 5000	Internship in Exercise Science (6cr/450 clock-hours) or Research in Exercise Science (3cr)	3 – 6
BIOS 1600	Biological Form & Function	3
PHYS 1130/1140	General Physics I w/Lab	4/1
HPHE 3600	Sport and Performance Psychology	3
HPHE 4940	Advanced Exercise Physiology	3
TOTAL CREDIT HOURS AT WMU		17 – 20 CREDIT HOURS

VI.c. WMU EXERCISE SCIENCE CONCENTRATION - STRENGTH & CONDITIONING (15 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4982	Strength and Conditioning Internship I	2
HPHE 4983	Strength and Conditioning Internship II	2
PHYS 1070/1080	Elementary Physics I w/Lab	4/1
HPHE 4920	Athlete Testing and Evaluation	3
HPHE 4975	Tactical Training and Conditioning	3
TOTAL CREDIT HOURS AT WMU		15 CREDIT HOURS

TOTAL CREDITS (I – VI)
60 LMC Credits
62 WMU Credits
122 Total Credits

Minimum credits required for LMC A.S: 60 Minimum credits required at WMU: 62 Minimum credits required for WMU B.S: 122

Advising Assistance

LMC Academic Advisor	269-926-2124	advisor@lakemichigancollege.edu
WMU Coordinator of Community College Articulation	269-387-3474	cehd-advising@wmich.edu

LMC Notes

Student must complete Basic Life Support Provider (BLS) prior to graduation with A.S: lakemichigancollege.edu/academics/cpraha-heartsaver-and-bls/aha-heartsaver-and-bls

WMU Notes

Exercise Science is the study of the acute responses and long-term adaptations the human body experiences with physical activity and exercise. The Exercise Science major includes coursework in the basic sciences, physiology of exercise, biomechanics, fitness assessment, exercise testing and prescription, strength and conditioning, sport psychology and the clinical aspects of exercise.

The Clinical/Pre-Professional Concentration is ideal for students looking to go into healthcare fields such as medicine, physical therapy, physician assistant, occupational therapy, athletic training, chiropractic and cardiac rehabilitation.

The Human Performance Concentration is ideal for students who wish to continue their education in exercise science areas such as exercise physiology, biomechanics, and motor control as well as conduct related research.

The Strength & Conditioning Concentration is ideal for students interested in becoming fitness professionals such as strength and conditioning specialists and personal trainers.

Program Agreement

This agreement shall commence as of Fall 2023. This program agreement shall abide by all language of the Institutional Agreement between Lake Michigan College and Western Michigan University.

Signatures

Lake Michigan College

John F. Beck 8/14/2023

Dr. John F. Beck, Chair
Natural Sciences, Exercise Science and Wellness
Lake Michigan College

8/14/2023

Kristopher Zook, Dean
Arts & Sciences Education
Lake Michigan College

Western Michigan University

Dr. Yuanlong Liu, Chair
Human Performance and Health Education
Western Michigan University

Dr. Lauda Dinehart, Dean
College of Education and Human Development
Western Michigan University