



Exercise Science Program Agreement

Western Michigan University

Bachelor of Science in Exercise Science (B.S.)

Delta College

Associate of Applied Science in Health Fitness Specialist (A.A.S.)

Catalog Year 2024-2025

I. DELTA COURSES FOR HEALTH FITNESS SPECIALIST A.A.S. (66 Credits)

Delta Course	WMU WES Equivalent	Transferrable Credit Hours
BIO 152W	BIOS 2110	4
BIO 153W	BIOS 2400	4
ENG 111	ENGL Credit (WES LI: Writing)	3
LWT 210 or LW 222	FCS Credit or HPHE 3970	3
PSY 211W	PSY 1000 (WES LII: Science and Technology)	4
ENG 112 or ENG 211	ENGL Credit	3
LWT 213W	FCS Credit	3
LWT 231W	HPHE Credit	3
LWT 251	HPHE 2980	4
LWT 255	HPHE 1520	3
LWA 108	PEGN Credit	1
LWA 151	PEGN 1750	1
LWA 205	PEGN Credit	1
LWT 165	HPHE 1810	1
LWT 170	HPHE Credit	1
LWT 214	HPHE Credit	2
LWT 230	HPHE 3960	3
LWT 242	HPHE Credit	4
LWT 245	FCS Credit	3
LWA 156W	PEGN Credit	1
LWA 158	PEGN 1750	1
LWT 240	HPHE Credit	4
POL 103W	PSCI 2000 (WES LI: Inquiry and Engagement)	3
LWA 161	PEGN Credit	1
LWT 260	HPHE 4000	5
TOTAL CREDIT HOURS		66

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

II. WMU ELECTIVES AND COURSES REQUIRED FOR WMU ESSENTIAL STUDIES (WES) (21-27 Credits)

WMU Course	WMU Course Title	WMU Credit Hours
WES Level I: ODC	WES Level I: Oral and Digital Communication	3
WES Level I: QL	WES Level I: Quantitative Literacy approved course	3
*WES Level II: SC	WES Level II: Societies and Cultures approved course	3
*WES Level II: WLC	WES Level II: World Language and Culture approved course	3
*WES Level II: ATP	WES Level II: Artistic Theory and Practice approved course	3
*WES Level III: LNP	WES Level III: Local and National Perspectives approved course	3
*WES Level III: GP	WES Level III: Global Perspectives approved course	3
MATH 1100 and/or MATH 1110	Algebra I or Algebra II (see your WMU advisor to know whether either will be required for you)	0-6
Elective Credits	Elective credits needed to reach 122-credit hour minimum (and 60-credit hour minimum at a 4-year University) to graduate with B.S.	0-4
TOTAL CREDIT HOURS AT WMU		21-27 CREDIT HOURS

*Meet with your WMU advisor to ensure that one of your WES courses also satisfies WES Diversity and Inclusion and, if needed, to ensure that one of your WES courses also satisfies WES Planetary Sustainability.

III. WMU CORE COURSES REQUIRED FOR EXERCISE SCIENCE PROGRAM DEGREE (14-17 Credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 1110 or HPHE 1701	Healthy Living (WES LII: Personal Wellness) or Health and Personal Wellness Practices (WES LII: Personal Wellness)	2
HPHE 2950	Kinesiology	3
HPHE 3970	Exercise and Sports Nutrition <i>only needed if LW 222 is not taken at Delta</i>	0 or 3
HPHE 4440	Professional Development in Exercise Science	3
HPHE 4450	Exercise Testing and Prescription	3
HPHE 4950	Biomechanics	3
TOTAL CREDIT HOURS AT WMU		14-17 CREDIT HOURS

Concentration Required – Choose One of the Three Below

IV.a. WMU EXERCISE SCIENCE CONCENTRATION – CLINICAL/PRE-PROFESSIONAL (26-29 Credits)		
WMU Course	WMU Course Title	WMU Credit Hours
BIOS 1600	Biological Form and Function	3
CHEM 1100/1110	General Chemistry I w/Lab (WES Level II: Scientific Literacy with Lab/PS)	4
PHYS 1130/1140	General Physics I w/Lab	5
HPHE 3150	Measurements/Evaluation/Statistics	3
HPHE 3500	Modification of Health Behavior	2
HPHE 5910	Clinical Exercise Physiology I	3
HPHE 5915	Clinical Exercise Physiology II	3
HPHE 4980 or 5000	Internship in Exercise Science or Studies in HPHE (Research)	3-6
TOTAL CREDIT HOURS AT WMU		26-29 CREDIT HOURS

IV.b. WMU EXERCISE SCIENCE CONCENTRATION - HUMAN PERFORMANCE (24-27 Credits)		
WMU Course	WMU Course Title	WMU Credit Hours
BIOS 1600	Biological Form and Function	3
CHEM 1100/1110	General Chemistry I w/lab (WES Level II: Scientific Literacy with Lab/PS)	4
PHYS 1130/1140	General Physics I w/Lab	5
HPHE 3150	Measurements/Evaluation/Statistics	3
HPHE 3600	Sport and Performance Psychology	3
HPHE 4940	Advanced Exercise Physiology	3
HPHE 4980 or 5000	Internship in Exercise Science or Studies in HPHE (Research)	3-6
TOTAL CREDIT HOURS AT WMU		24-27 CREDIT HOURS

IV.c. WMU EXERCISE SCIENCE CONCENTRATION - STRENGTH & CONDITIONING (21 Credits)		
WMU Course	WMU Course Title	WMU Credit Hours
BIOS 1120	Principles of Biology	3
PHYS 1070/1080	Elementary Physics w/Lab (WES Level II: Scientific Literacy with Lab)	5
HPHE 3150	Measurements/Evaluation/Statistics	3
HPHE 4920	Athlete Testing and Evaluation	3
HPHE 4975	Tactical Training and Conditioning	3
HPHE 4982	Strength and Conditioning Internship I	2
HPHE 4983	Strength and Conditioning Internship II	2
TOTAL CREDIT HOURS AT WMU		21 CREDIT HOURS

TOTAL CREDITS (I – IV)	
66 Delta Credits	
60-70 WMU Credits	
126-136 Total Credits	

Minimum credits required for Delta A.A.S: 66

Minimum credits required at WMU: 60

Minimum credits required for WMU B.S: 122

Advising Assistance

Delta College Student Success Advisor
WMU CEHD Advising

989-686-9030
269-387-3474

advising@delta.edu
cehd-advising@wmich.edu

Delta College Notes

The A.A.S. in Health Fitness Specialist can stand alone or can lead to a bachelor's degree in Health Fitness, Exercise Physiology, or related field. The program prepares students to sit for two of the most nationally recognized fitness certification exams: The National Strength and Conditioning Association - Certified Personal Trainer Exam, and the American College of Sports Medicine - Certified Personal Trainer or Health Fitness Specialist Exam. Upon completion of this associate degree, the health fitness specialist will also have attained the Delta College Personal Trainer Certificate.

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 August 2024. This program agreement shall abide by all language of the Institutional Agreement between Delta College and Western Michigan University.