



## Exercise Science Program Agreement

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

**Kalamazoo Valley Community College**  
Associate of Science, Exercise Science, (A.S.) w/MTA

Catalog Year 2023 - 2024

I. KALAMAZOO VALLEY COURSES FOR GENERAL EDUCATION/EXERCISE SCIENCE (A.S. with MTA) (29 - 31 credits)		
Kalamazoo Valley Course	WMU WES Equivalent	Transfer Credit Hours
<sup>MTA</sup> English Composition: ENG 110	ENGL 1050	3
<sup>MTA</sup> English Composition or Communications: ENG 111, ENG 112, ENG 127, ENG 227, ENG 260, COM 113, or COM 210	ENGL 1100, BCM 1420, ENGL Credit, ENGL Credit, COM 1700, or COM Credit	3
<sup>MTA</sup> Social Sciences: PSY 150	PSY 1000	3
<sup>MTA</sup> Social Sciences: SOC 102 or SOC 105	SOC 2000 or GRN 1000	3
<sup>MTA</sup> Humanities and Fine Arts: choose two courses from two different disciplines	Varies - see your KVCC advisor or counselor for options	6
<sup>MTA</sup> Natural Sciences: *BIO 100 or *BIO 101	BIOS 1120/1100 or BIOS 1610 – BIOS 1610 approved to substitute for BIOS 1120 or 1600 in ExSci major at WMU	4
<sup>MTA</sup> Natural Sciences: *PHY 100 or *PHY 111	PHYS CR or PHYS 1130/1140 – PHYS CR approved to substitute for PHYS 1070/1080 in ExSci major at WMU	4
<sup>MTA</sup> Mathematics: MATH 115, MATH 120, MATH 150, MATH 152, MATH 156, MATH 158, MATH 160, MATH 162, MATH 216, MATH 220, MATH 260, or MATH 264	MATH 1140, MATH 1160, MATH 1110, MATH 1180, MATH 1180, MATH 2000, MATH 2220, MATH 2230, STAT 2160, STAT 3660, MATH 2720, or MATH 3740	3 - 5
<b>TOTAL KALAMAZOO VALLEY MTA CREDIT HOURS</b>		<b>29 - 31 CREDIT HOURS</b>

To satisfy MTA requirements students must successfully complete a minimum of 30 credits with the <sup>MTA</sup>delineation, with at least a 2.0 GPA in each course.

\*Students who choose to pursue WMU's Exercise Science: Strength & Conditioning Concentration with an interest in becoming a fitness professional, such as a strength and conditioning specialist or a personal trainer, could take BIO 100 and PHY 100. All other students should take BIO 101 and PHY 111, to ensure they are meeting prerequisites to future coursework and/or requirements for graduate schools.

II. KALAMAZOO VALLEY COURSES FOR EXERCISE SCIENCE, A.S. (33 credits)		
Kalamazoo Valley Course	WMU Equivalent	Transfer Credit Hours
BIO 115	BIOS Credit (BIO 115 + BIO 215 = approved substitute for BIOS 2110 and BIOS 2400)	4
BIO 215	BIOS Credit (BIO 115 + BIO 215 = approved substitute for BIOS 2110 and BIOS 2400)	4
CHM 120	CHEM 1100/1110	4
PSI 100, PSI 101, PSI 102, or PSI 126	PSCI 1000, PSCI 2000, PSCI 2020, or PSCI Credit	3
WPE 101	HPHE 1110	2
WPE 150 - foundations of health/phys ed/rec	HPHE 1500 - approved to substitute for HPHE 1520	3
WPE 112 - safety and first aid	HPHE 1810	2
WPE 105 - lifestyle modification	HPHE 3500	2
WPE 131 - exercise physiology	HPHE 2980	3
WPE 231 - kinesiology	HPHE 2950	3
WPE 130 - nutrition for health	FCS 2660	3
<b>TOTAL KALAMAZOO VALLEY CREDIT HOURS</b>		<b>33 CREDIT HOURS</b>

III. WMU REQUIRED CORE, WES AND ELECTIVES FOR EXERCISE SCIENCE, B.S. (42 - 51 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 3150	Measurement, Evaluation and Statistics (MATH 220 from KVCC could substitute)	0 - 3
HPHE 3960	Principles of Strength & 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
WES Level III: Local and National Perspectives class	LNP Varies	3
WES Level III: Global Perspectives class	GP Varies	3
Electives	Varies - Elective credits needed to reach 60 credit minimum at a 4-year University – see your WMU advisor for options	18 - 30
<b>TOTAL CREDIT HOURS</b>		<b>42 - 51 Credits at WMU</b>

**Concentration Required – Choose One of the Three Below**

IV.a. WMU EXERCISE SCIENCE CONCENTRATION - CLINICAL/PRE-PROFESSIONAL (9 - 18 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4980 or 5000	Internship in Exercise Science or Research in Exercise Science	3 - 12
HPHE 5910	Clinical Exercise Physiology I	3
HPHE 5915	Clinical Exercise Physiology II	3
<b>TOTAL CREDIT HOURS</b>		<b>9 - 18 Credits at WMU</b>

IV.b. WMU EXERCISE SCIENCE CONCENTRATION - HUMAN PERFORMANCE (9 - 18 credits)		
WMU Course	WMU Course Title	WMU Credit Hours
HPHE 4980 or 5000	Internship in Exercise Science or Research in Exercise Science	3 - 12
HPHE 3600	Sport and Performance Psychology	3
HPHE 4940	Advanced Exercise Physiology	3
<b>TOTAL CREDIT HOURS</b>		<b>9 - 18 Credits at WMU</b>

IV.c. WMU EXERCISE SCIENCE CONCENTRATION - STRENGTH & CONDITIONING (10 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
HPHE 4920	Athlete Testing and Evaluation	3
HPHE 4975	Tactical Training and Conditioning	3
<b>TOTAL CREDIT HOURS</b>		<b>10 Credits at WMU</b>

<b>TOTAL CREDITS (I – IV)</b>		
<b>62 Kalamazoo Valley Credits</b>		
<b>60 WMU Credits</b>		
<b>122 Total Credits</b>		

Minimum credits required for Kalamazoo Valley associate degree: 62      Minimum credits required at WMU: 60      Total credits required: 122


**Contact Information**

Kalamazoo Valley Student Development Services	269-488-4040	development@kvcc.edu
WMU CEHD Coordinator of Community College Articulations	269-387-3695	cehd-advising@wmich.edu


**Program Agreement**

This agreement shall commence as of November 6, 2023. This program agreement shall abide by all language of the Institutional Agreement between Kalamazoo Valley Community College and Western Michigan University.

**Signatures**

  
Dr. Billy Reynolds, Dean of Instruction  
Liberal Arts & Sciences  
Kalamazoo Valley Community College

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

  
Dr. Paige Eagen, Provost and Vice President for  
Instruction & Student Services  
Kalamazoo Valley Community College

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