

PROGRAM AGREEMENT [Draft]

Grand Valley State University

Bachelor of Science in Exercise Science

Emphases in Health Care, Exercise Physiology and Sport Performance, and Physical Activity and Health (choose one)

Grand Rapids Community College

Pre-Exercise Science, A.A. (Grand Valley State University)

I. GRAND RAPIDS COMMUNITY COLLEGE, ASSOCIATE OF ARTS (60 credits)

COURSES REQUIRED AT GRCC

GRCC Course	GRCC Course Title	GVSU Equivalent	Transfer Credit Hours
Core Courses Required for All Exercise Science Students			
EN 101	English Composition I	WRT Gen. Cr	3
EN 102	English Composition II	WRT 150	3
Varies*	Varies	Humanities MTA Option (choose 2)	Varies
PY 201	General Psychology	PSY 101	3
Varies*	Varies	Social Sciences MTA Option (choose 1)	Varies
BI 151	Introduction to Cells, Molecules, and Genes	BIO 120	4
CHM 120	Survey of General Chemistry	CHM 109	5
MA 215	Statistics	STA 215	4
BI 121	Human Anatomy and Physiology I	BMS 250	4
BI 122	Human Anatomy and Physiology II	BMS 251	4
GH 200	General Nutrition	BMS 105	3
EXS 184	Introduction to Exercise Science	EXS 195	3
EXS 198	Introduction to Athletic Training	ATH 217	3

Emphasis Courses – Students must select one (1) Emphasis and take the coursework outlined in that Emphasis to reach the 60

credits required for GRCC graduation.			
Exercise Physiology and Sports Performance Emphasis			
EXS 202	Psychosocial Aspects of Physical Education and Sports	MOV 201	3
Open Electives	Varies	Varies	Varies
Physical Activity and Health Emphasis			
PY 231	Abnormal Psychology	PSY 303	3
PY 241	Introduction to Behavior Analysis	PSY 310	3
PY 232	Developmental Psychology	PSY 364	3
Open Electives	Varies	Varies	Varies
Exercise Science in Health Care Emphasis			
EXS 225	Introduction to Public Health	PH 223	3
CHM 230	Introduction to Organic and Biochemistry	CHM 230	4
CHM 231	Introductory Organic and Biochemistry Lab	CHM 230	1
PH 115	Technical Physics	PHY 200	5
BI 232	Genetics	BIO 355	3
EXS 156	CPR/AED/First Aid for Professional Rescuer	MOV 102	2
PY 232	Developmental Psychology	PSY 364	3
TOTAL CREDIT HOURS			60 CREDIT HOURS AT GRCC
*Optional selection of GVSU US Diversity and/or Global Perspectives Course. Please see an advisor for assistance in making selections.			

II. GRAND VALLEY STATE UNIVERSITY, (60 credits)		
COURSES REQUIRED AT GVSU		
GVSU Course	GVSU Course Title	GVSU Credit Hours
Core Courses Required for All Exercise Science Students		

EXS 209	Research Methods in Exercise and Health Sciences	3
EXS 220	Exercise Instruction & Leadership	3
EXS 320	Exercise Testing and Prescription	3
EXS 321	Exercise Testing Lab	2
EXS 470	Exercise for Special Populations	3
EXS 490	Internship in Exercise Science	6, 9, or 12
EXS 495	Professionalism in Exercise Science	3
MOV 300	Kinesiology	3
MOV 304	Introduction to Exercise Physiology	3
Emphasis Courses – Students must select one (1) Emphasis and take the coursework outline in that Emphasis		
Exercise Physiology and Sports Performance Emphasis		
EXS 355	Essentials of Sport Science	3
EXS 360	Strength and Conditioning for Athletic Performance	3
EXS 400	Biomechanics of Human Movement	3
EXS 404	Advanced Exercise Physiology	3
EXS 440	Environmental Exercise Physiology	3
Emphasis Electives	Meet with faculty advisor to have a total of 11 credits to fulfill emphasis elective requirements (based on those selected at GRCC)	Varies
Physical Activity and Health Emphasis		
EXS 200	Psychosocial Aspects of Exercise and Physical Activity	3
EXS 330	Physical Activity and Public Health	3
EXS 370	Exercise and Health Across the Lifespan	3
EXS 465	Cardiopulmonary Rehabilitation for the Clinical Exercise Physiologist	3
MOV 310	Motor Skill Development	3
PH 222	Public Health Concepts	3
Emphasis Electives	Meet with faculty advisor to have a total of 8 credits to fulfill emphasis elective requirements (based on those selected at GRCC)	Varies
Exercise Science in Health Care Emphasis		
BIO 328	Biomedical Ethics	3

Emphasis Electives	Meet with faculty advisor to have a total of 12 credits to fulfill emphasis elective requirements (based on those selected at GRCC)	Varies
Higher Level General Education Required for All EXS Students		
US Diversity	If not taken at GRCC	3
Global Perspectives	If not taken at GRCC	3
Issues I		3
Issues II		3
TOTAL CREDIT HOURS		ENTER 60 CREDIT HRS AT GVSU

TOTAL CREDITS (I –II)
60 GRCC Credits
60 GVSU Credits
120 Total Credits

Advising Notes

Transfers from Michigan Community Colleges

Grand Valley State University is a member of the Michigan Association of Collegiate Registrars and Admissions Officers (MACRAO), which has formulated an agreement between two- and four-year institutions. Students who transfer to Grand Valley and have fulfilled the MACRAO transfer agreement or the Michigan Transfer Agreement (MTA) through a Michigan public community college have satisfied the Foundations categories of the General Education Program and one Supplemental Writing Skills (SWS) course. However, transfer students with a MACRAO or MTA will still need to complete the following requirements: one SWS course in their major or division, the General Education Program two-course Cultures requirement, and the two-course Issues requirement. For specific course information, please refer to www.gvsu.edu/gened/

Bachelor's Degree Requirements at GVSU

The following requirements apply to all undergraduate degree-seeking students:

1. A minimum of 120 semester hours
2. A cumulative GPA of at least 2.00 GPA.
3. Graduation major GPA of at least 2.00.
4. General education requirements
5. Capstone course is EXS 495
6. The last 30 semester hours toward a baccalaureate degree must be earned in Grand Valley courses
7. A minimum of 58 semester hours must be earned at a senior (4 yr) institution
8. A minimum of 12 Grand Valley earned semester hours must be included in the major (six for a minor)

Advising Notes:

- EN 102 – English Composition II – must be graded at a “C” or above to receive specific WRT 150 credit in transfer.
- Students are advised to complete MOV 304 at GVSU concurrently with the final semester of courses at GRCC prior to transferring. This course is prerequisite to many of the remaining courses in the Exercise Science major.
- All Issues courses must be taken at GVSU
- Students must choose one emphasis to pursue the Exercise Science major. Emphasis areas should be chosen based on career and/or post-baccalaureate interests. To see more information on career and graduation school options, visit the [Exercise Science](#) website.
- Students who plan to pursue an advanced degree in Physical Therapy or Athletic Training should work closely with faculty or professional advisors at GVSU to include the appropriate prerequisite courses as part of their undergraduate preparation.
- It is the responsibility of the students to confirm transferability of courses with the receiving institution.

Career or Graduate School Options Based on Emphasis:***Exercise Physiology and Sports Performance:***

This emphasis deepens and expands content in human athletic performance and the physiology of training, thus preparing students for careers in strength and conditioning, sports science, biomechanics, and graduate school/academia. There is a proliferation of strength and conditioning related careers at the collegiate and elite (Olympic and professional) levels, in the US and globally.

Physical Activity and Health:

This emphasis deepens content knowledge in health, wellness, and public health, thus preparing students for careers in community wellness, corporate/employee wellness, cardiac rehabilitation, personal training, and graduate school/academia. Provided the noted declines in health and physical activity at a national and global level, there is increasing momentum in health-related careers to enhance the education and delivery of physical activity and exercise-related material.

Exercise Science in Health Care:

This emphasis provides a logical gateway for health professions students (athletic training, physical therapy, occupational therapy, and physician assistant) by broadening their basic biological and physical science background.

Program Agreement

This agreement shall commence as of August 1, 2024. This Program Agreement shall abide by all language of the Institutional Agreement between Grand Rapids Community College and Grand Valley State University.

Signatures**Grand Rapids Community College****Grand Valley State University**

*Please Note: The signed version of this document will be kept on file at GRCC (pending forthcoming signatures).

For more information, please contact the Director of Transfer & Articulation Services at 616-234-3183.