This guide can only be used for students that started at a community college prior to Fall 2014.

Washtenaw Community College – Associate in Science in Exercise Science

Eastern Michigan University – Bachelor of Science in Exercise Science

### Washtenaw Community College Courses: Eastern Michigan University:

<table>
<thead>
<tr>
<th>MACRAO Requirements</th>
<th>(33 credits)</th>
<th>Eastern Michigan University:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. English Writing Requirement</strong></td>
<td>(7 credits)</td>
<td><strong>(7 credits)</strong></td>
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<tr>
<td>ENG 111 Composition I</td>
<td>4</td>
<td>ENGL 121 Composition II: Res. Pub. Exp. (3)+1</td>
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<tr>
<td>ENG 226 Composition II</td>
<td>3</td>
<td>ENGL 225 Writing In a Changing World</td>
</tr>
<tr>
<td><strong>2. Math/Science Requirement</strong></td>
<td>(8 credits)</td>
<td><strong>(8 credits)</strong></td>
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<tr>
<td>* BIO 101 Concepts of Biology</td>
<td>4</td>
<td>BIOL 105 Intro Biology for Non-Majors</td>
</tr>
<tr>
<td>1 MTH 160 Basic Statistics (Complete at WCC)</td>
<td>4</td>
<td>MATH 170 Elementary Statistics (3)+1</td>
</tr>
<tr>
<td><strong>3. Humanities Requirement</strong></td>
<td>(9 credits)</td>
<td><strong>(9 credits)</strong></td>
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<tr>
<td>Complete one speech course:</td>
<td>3</td>
<td>One course</td>
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<tr>
<td>COM 101, 102, 142, 183, 200, or 225</td>
<td></td>
<td></td>
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<tr>
<td>Complete two courses: <strong>See note below</strong></td>
<td>6</td>
<td>Two courses</td>
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<tr>
<td>Choose from courses approved by WCC to satisfy The MACRAO humanities requirement.</td>
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<tr>
<td><strong>4. Social Science Requirement</strong></td>
<td>(9 credits)</td>
<td><strong>(9 credits)</strong></td>
</tr>
<tr>
<td>* PSY 100 Introductory Psychology</td>
<td>3</td>
<td>PSY 101 General Psychology</td>
</tr>
<tr>
<td>Complete two courses: <strong>See note below</strong></td>
<td>6</td>
<td>Two courses</td>
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<tr>
<td>Choose from courses approved by WCC to satisfy The MACRAO social science requirement.</td>
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<tr>
<td><strong>NOTE:</strong> In completing the Humanities or Social Science requirement, choose at least one course from the following to satisfy EMU's Perspectives on a Diverse World requirement: Humanities: ART 143, 150; COM 225; DAN 180; ENG 181, 187, 213, 214, 224, 242, 281; ECO 280; HUM 150, 175, 145; MUS 180. Social Science: ANT 201; GEO 101; HST 123, 150, 210, 230, 235, 240, 270; PLS 211; PSY 107; SOC 205.</td>
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</tr>
</tbody>
</table>

Link to WCC approved MACRAO courses: [http://www4.wccnet.edu/studentservices/otherservices/transferresources/macrao.php](http://www4.wccnet.edu/studentservices/otherservices/transferresources/macrao.php)

<table>
<thead>
<tr>
<th>WCC Major/Area Requirements</th>
<th>(38 credits)</th>
<th>Eastern Michigan University:</th>
</tr>
</thead>
<tbody>
<tr>
<td>* BIO 103 General Biology II</td>
<td>4</td>
<td>University Elective (BIOL 110)</td>
</tr>
<tr>
<td>* BIO 110 Introduction to Exercise Science</td>
<td>3</td>
<td>SPMD 144 Introduction to Exercise Science (2)+1</td>
</tr>
<tr>
<td>* BIO 111 Anatomy &amp; Phys-Normal Structure &amp; Func</td>
<td>5</td>
<td>SPMD 201&amp; 202 Human Anat Human Phys I&amp;II (6)-1</td>
</tr>
<tr>
<td>* BIO 201 Physiology of Exercise (4) and</td>
<td></td>
<td></td>
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<tr>
<td>BIO 225 Tests &amp; Measurements in Exer. Sci (3)</td>
<td>7</td>
<td>SPMD 300 Physiology of Exercise (4)+3</td>
</tr>
<tr>
<td>BIO 215 Cell and Molecular Biology</td>
<td>4</td>
<td>University Elective (BIOL 305/306)</td>
</tr>
<tr>
<td>* CEM 111 General Chemistry I</td>
<td>4</td>
<td>CHEM 121/122 General Chemistry I &amp; Lab</td>
</tr>
<tr>
<td>2 HSC 131 CPR/AED/First Aid</td>
<td>1</td>
<td>HLED 210 Red Cross First Aid (2)-1</td>
</tr>
<tr>
<td>MTH 178 General Trigonometry</td>
<td>3</td>
<td>University Elective (MATH 107)</td>
</tr>
<tr>
<td>* PHY 111 General Physics I</td>
<td>4</td>
<td>PHY 221 Mechanics, Sound and Heat</td>
</tr>
<tr>
<td>Computer Literacy Requirement</td>
<td>3</td>
<td>University Elective</td>
</tr>
</tbody>
</table>

Credits at WCC: 71 Credits that transfer to EMU: 71

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* Required for admission to EMU’s Exercise Science Program with a grade of B- or higher
1 If completed at WCC, MTH 160 satisfies EMU’s quantitative reasoning requirement. If completed at EMU, MATH 110 is required, unless Intermediate Algebra (Math 104) has been completed with a C or better, in which case students may choose any course that satisfies the “Quantitative Reasoning” requirement. See page 3 for more QA courses at EMU.
2 CPR certification by the American Red Cross or American Heart Association is required as part of this program.

NOTE: Substitutions will be accepted at EMU for WCC courses on this page that transfer as university electives or general transfer credit.
Completion of the Exercise Science Program at EMU

**Additional Requirement** (2 credits)
PEGN 210L Lifetime Wellness & Fitness ...................... 2

**Major Requirements** (42-43 credits)

**Required Courses** (13 credits)
DTC 204 Sports Nutrition ........................................... 3
SPMD 280 Pharmacology for Sports Medicine ............... 2
SPMD 305 Kinesiology-Tissue Mechanics ....................... 3
SPMD 325 Practicum in Exercise Science ...................... 2
SPMD 380W Behavioral Aspects of Sports Medicine .......... 3

**Required Courses (Post candidacy)** (24 credits)
SPMD 410 Laboratory Tech in Human Performance ......... 4
SPMD 430 Princ of Electrocardiography ....................... 3
SPMD 431 Pathology for Sports Medicine .................... 3
SPMD 432 Intro to Exercise Programming .................... 3
SPMD 433 Principles of Strength & Conditioning .......... 3
SPMD 480 Internship – Exercise Science .................... 8

**SPMD Elective Courses** (5-6 credits)
Complete two courses from the following: .................. 5-6
Any undergraduate or graduate-level SPMD course
PHED 260 Motor Development (2)
PHED 360 Motor Learning (3)
SPMD 407 Fitness Center Management (3)
SPMD 434 Intro to Echocardiography (2)
SPMD 508 Exercise Epidemiology (3)
SPMD 515 Diabetes and Obesity (3)
SPMD 518 Sports Supplements (3)

**University Electives** (8-9 credits)
* Complete elective credits to bring the total at EMU to 53 credit hours.

Minimum Credits at EMU: ......................... 53
Minimum Credits to Graduate: .................. 124

Suggested Sequence for completing the program:
Courses may not be offered every semester. Consult advisor to plan a course of study.

**Summer Semester** (4 credits)
SPMD 280 Pharmacology for Sports Medicine ............... 2
PEGN 210 Lifetime Wellness & Fitness ....................... 2

**Fall Semester** (14 credits)
DTC 204 Sports Nutrition .......................................... 3
SPMD 305 Kinesiology-Tissue Mechanics .................... 3
SPMD 325 Practicum in Exercise Science .................... 2
SPMD 380W Behavioral Aspects of Sports Medicine .......... 3
SPMD Elective ....................................................... 3

**Winter Semester** (15 credits)
SPMD 410 Laboratory Tech in Human Performance .......... 4
SPMD 430 Princ of Electrocardiography ..................... 3
SPMD 433 Principles of Strength & Conditioning .......... 3
University Electives ............................................. 5

**Fall Semester** (12 credits)
SPMD 431 Pathology for Sports Medicine ................... 3
SPMD 432 Intro to Exercise Programming ................... 3
SPMD Elective ..................................................... 2-3
University Elective ............................................. 3-4

**Summer or Winter Semester** (8 credits)
SPMD 480 Internship – Exercise Science .................... 8

* Satisfies EMU’s “Learning beyond the Classroom” requirement
* Students interested in fitness and wellness center management should consider a minor in management (21 hours).

NOTE: To enroll in SPMD 480 a GPA of 2.8 or better is required. In addition a grade of B- or better is required in the following courses: SPMD 300, 325, 410, 430, 431, 432, and 433.
Additional Information:

1. In completing the coordinated program of study for this articulation agreement, course substitutions should be made with the guidance of the advisors at both institutions (indicated below) to assure that all requirements are satisfied. Each institution will determine the satisfaction of their individual program and degree requirements. WCC courses indicated with an * are required for EMU’s Exercise Science Program. EMU will accept substitutes for WCC courses on the guide that transfer as university electives or general transfer credit.

2. Students whose transcripts are endorsed as “MACRAO Satisfied” will only be required to meet EMU’s three general education requirements, noted on the articulation guide and listed below. These requirements may be completed at the most appropriate time for the student whether before or after admission to EMU.
   a) An approved course in Quantitative Reasoning: [MTH 125, 160, 176, 180, 181, 182, or 191 at WCC] or [at EMU MATH 110; or if intermediate algebra has been completed with a “C” or higher, MATH 105, 118, 120, 170, COSC 106, PHIL 181, PLSC 210, or STS 224 at EMU] at WCC]
   b) An approved course in “Perspectives on a Diverse World”: [at WCC ART 143, 150; COM 225; DAN 180; ENG 181, 213, 214, 224, 242, 281; HUM 145, 150, 175; MUS 180; Social Science: ANT 201; ECO 280; GEO 101; HST 123, 150, 230, 235, 240, 270; PLS 211; PSY 107; SOC 205] or [at EMU refer to the Undergraduate Catalog].
   c) One “Learning beyond the Classroom” course or experience offered by EMU: [SPMD 480 at EMU]

To use MACRAO, students must request that an official community college transcript, with the “MACRAO Satisfied” stamp, be sent to EMU’s Admissions Office. Students, who do not have “MACRAO Satisfied” on their community college transcript, will be required to satisfy EMU’s general education requirements as listed in the Undergraduate Catalog. The MACRAO stamp may be completed after admission to EMU, however, students should inform advisors at EMU that they intend to complete MACRAO, or they may be advised to complete additional courses for the general education program.

3. Only courses with a grade of “C” or better (2.0 on a 4.0 scale) will be accepted for transfer to EMU. Program major courses (including pre-candidacy courses taken at WCC) require a grade of “B-” or better.

4. Under this agreement, EMU will waive the 60-hour rule and require that a minimum of 53 credit hours must be completed at the four-year college level, of which at least 30 hours are in courses offered by EMU, with 15 hours in program requirements, at the 300-level or above. A minimum of 124 credit hours, completed in-residence or accepted in transfer, is required for graduation.

5. Students may apply for candidacy in the Exercise Science program when the following requirements are met:
   a. Completion of all required and elective courses in the exercise science major with a grade of “B-“ or better;
   b. Achieved an overall EMU grade point average (GPA) of 2.8 or better. Students entering directly from WCC, who have met the other requirements, may be admitted with a WCC GPA of 2.8 or better. Students must maintain a 2.8 GPA through the end of the program.
   c. After achieving the above requirements, students must complete the candidacy application form and submit three letters of recommendation (two professional and one personal) and a biographical sketch to their advisor.

6. Students are not allowed to complete the internship experience (SPMD 480) if their GPA falls below 2.8. Any required or elective course for this major completed with less than a B- must be repeated.

7. CPR certification by the American Red Cross or American Heart Association is required as part of this program.

8. Students are encouraged to contact the Exercise Science Program Coordinator before completing an admission application to EMU. To facilitate the evaluation of transcripts, students should include a copy of this articulation guide in their application for admission and bring a copy to all advising sessions.

Effective Dates: September 1, 2012 until August 31, 2015. This is a renewal of an agreement made in September 2008. Students who began this program prior to the new effective date have the option of changing to this guide. If this agreement is not renewed at the end of the effective period, students who already started the program will be given three additional years to be admitted to EMU under the terms of this agreement.

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