Our Current Programs:

Spend two years at GRCC and transfer to one of the following schools to get your B.S. in:

Health Fitness Instruction Program (Code 663). Partnering with GVSU this program focuses on the psychological and sociological principles underpinning exercise science and prepares students looking to work in corporate wellness, community health, and strength and conditioning settings.

Clinical Exercise Science Program (Code 662). Partnering with GVSU this emphasis focuses on the scientific principles underpinning exercise science and prepares students looking to work in clinical settings such as cardiac rehabilitation or exercise physiology.

Exercise Science Program (Code 640). Partnering with Cornerstone University this program prepares students to work in clinical and non-clinical medical settings or prepare for graduate school in OT or PT.

Our New Programs!

We are excited to announce our new articulation agreements with Western Michigan University! Coming Fall 2016!


Pre—Sport Management, A.A. (WMU): Prepares students to pursue leadership/administrative roles in public, non-profit, commercial, & recreational sport organizations. Code 637.

Remember, one Wellness credit is required but two count toward graduation.

grcc.edu/exercisescience • (616) 234-3994 • exercisescience@grcc.edu
What Can I Do With A Degree In Exercise Science?

Possible Career Options:
- Fitness Instructor
- Athletic Director
- Athletic Trainer
- Camp Director
- Coach
- Commercial Wellness Center Director
- Community Fitness Director
- Community Health Director
- Corporate Health Advisor
- Director of Recreation
- Employee Fitness Director
- Exercise Physiologist
- Fitness Center Director
- Gym Manager
- Health Educator
- Strength & Conditioning Coordinator
- Personal Trainer
- Pharmaceutical Salesperson
- Physical Education Teacher
- Recreation Therapist
- Rehabilitation Specialist
- Sports Agent
- Sports Manager
- Wellness Coordinator

With a graduate degree:
- Occupational Therapist
- Physical Therapist
- Physicians Assistant
- Professor
- Sports Nutritionist
- Sports Psychologist

Registration Dates for Summer 2016!

- February 9, 2016
  12 Credits or higher earned
- February 11, 2016
  0—11 Credits or higher earned
- February 16, 2016
  New students

Fit Fridays
January 15, 1:00 pm—2:00 pm:
“Intro to Machine Weight Training Basic Cardio.” Located in the Fieldhouse, FFH 102.

January 22, 2:00 pm—3:00 pm:
“Boot—camp Class.” Located in the FFH 304 (balcony).

February 12, 11:15 am—12:15 pm:

February 26, 1:15 pm—2:15 pm:
“TRX Suspension Training.” With Melanie Schiele Gady. Located in the FFH 212.

March 18, 11:15 am—12:15 pm:
“Healthier Kids Grow Into Healthier Adults.” With Sherry Knoppers. Located in Calkins 125/127.

April 1, 10:00 am—11:00 am:

Registration Dates for Fall 2016!

- March 17, 2016
  12 Credits or higher earned
- March 19, 2016
  0—11 Credits or higher earned
- March 24, 2016
  New students

Winter 2016 EXS Dates:
- Careers in Exercise Science Workshop, March 26th, 2:00 pm—3:00 pm
- 5/3 Riverbank Run Sport and Fitness Expo, May 13th
- Certifications, TBD — Visit our site grcc.edu/exercisescience for more information
- Feeding America, TBD — Visit our site grcc.edu/exercisescience for more information

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