What was the Wellness Department at GRCC, is now the GRCC Exercise Science Department!

Here’s what to look for in the new Exercise Science Department

Exercise Science Theory Courses
Physical Education (PE) are now Exercise Science (EXS) Courses
- Athletic Training
- Intro to Exercise Science
- Personal Trainer Certification Course
- Group Exercise Certification Course
- Concepts in Public Health
- And more!

GRCC’s Wellness Requirement
- All GRCC students are required to take one Wellness (WE) credit to graduate, but up to two credits count toward graduation.

Professional Certification Offerings
- ACE
- AFFA
- TRX
- Spinning
- Zumba
- Yoga
- Group Fitness Certifications
- Coaching Certifications
- Personal Training Certifications

Articulated Transfer Agreements
- Clinical Exercise Science with GVSU
- Health Fitness Instruction with GVSU
- Pre-Physical Therapy with GVSU
- Exercise Science Pre-Major
- Exercise Science with Cornerstone University

Check us out at: grcc.edu/exercisescience and facebook.com/grccexercisescience