



Northwest Missouri State University  
 School of Health Science and Wellness  
 Applied Health Sciences – Exercise Sciences (Comprehensive) – No Minor Required  
 Bachelor of Science

Term 1	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
77-101	University Seminar		1	
04-102/3	General Biology & Lab (Life Science)		4	
10-111	Composition I (Written Communication)		3	
22-114	Wellness		3	
04-112/113	General Chemistry and Lab (Physical Sci)		4	
<b>Total Hours</b>			<b>15</b>	
Term 2	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-223	Introduction to Health Sci & Wellness		2	
##-###	Fine Arts		3	
10-112	Composition II		3	
##-###	Oral Communication		3	
22-254	Anatomy/Physiology----- OR-----		3	<b>1</b> Minimum B grade required for graduation
04-236	Allied Health Anatomy/Lab	04-102/103 or 04-106/107 and 24-112/113 or 24-114/115	4	*If taking 04236, Biology & Chemistry is a prerequisite
<b>Total Hours</b>			<b>14/15</b>	
Term 3	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
08-103	Psychology (Soc & Behavioral Sci)		3	
47-234	Nutrition & Diet Behavior		3	
22-332	Physiology of Exercise	22-254 or 04-236	3	Minimum B grade required for graduation <b>2</b>
17-114	General Statistics (Math Science)		3	
35-101	Sociology (Soc & Behavioral Science)		3	
<b>Total Hours</b>			<b>15</b>	
Term 4	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
01-104	Medical Terminology		3	
22-335	Sport Exercise and Nutrition		3	
22-336	Basic Biomechanics	22-254 or 04-236	3	Minimum B grade required for graduation <b>3</b>
##-###	Digital Literacy		3	
##-###	General Elective		3	
<b>Total Hours</b>			<b>15</b>	
Term 5	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
34-102	American Government (Political Sci)		3	
39-276	Biomedical Ethics (Humanities)		3	
22-550	Community Health		3	
22-410 OR 22-523	Adapted PE or Motor Development		3	
##-###	General Elective		3	
<b>Total Hours</b>			<b>15</b>	



**1** = a milestone course completed by end of year 1 to remain on pace to finish degree requirements in four years.


**2** = a milestone course completed by end of year 2 to remain on pace to finish degree requirements in four years.


**3** = a milestone course completed by end of year 3 to remain on pace to finish degree requirements in four years.


**4** = a milestone courses taken in final year to complete degree requirements.




Term 6	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
10-220	Intro to Literature		3	
22-382	Care and Prevention of Athletic Injuries	22-254 recommended	3	
22-536	Mechanical Analysis of Sport	22-336	3	
##-###	History		3	
##-###	General Elective		3	
<b>Total Hours</b>			<b>15</b>	
Term 7	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-541 or 04-238	Human Pathophysiology OR Physiology of Allied Health & lab		3/4	
22-534	Evidence Based Practice in HSW	22254 or 04236 and 22332, 22336	3	
22-552	Health Promotion		3	
22-447	Senior Seminar		1	
22-529	Advanced Strength and Conditioning		3	
##-###	Humanities		3	Apply for Graduation
<b>Total Hours</b>			<b>16/17</b>	
Term 8	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-555	Interventions and Strategies for Health Behavior Change		3	
22-532	Exercise Testing and Prescription	22-332	3	
22-470	Profession Based Experience		3/6	Permission required 
##-###	General Elective		4-6	
<b>Total Hours</b>			<b>13/15</b>	

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 = a milestone courses taken in final year to complete degree requirements.