



Northwest Missouri State University
 School of Health Science and Wellness
 Applied Health Sciences – Sports Medicine (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	
24-112/113 OR 24-114/115	General Chemistry & Lab OR General Chemistry 1 & Lab (Physical Sci)		4	
22-114	Wellness		3	
17-116	Math Modeling (Math Science)		3	17-114 Statistics is also recommended, but not required.
Total Hours			15	
Term 2	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-223	Introduction to Health Sci & Wellness		2	
10-111	Composition I (Written Communication)		3	Pre-PT must take Gen Chem I
22-254	Anatomy/Physiology----- OR-----		3	1 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
##-###	History		3	
###-###	Oral Communication		3	
Total Hours			14/15	
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 2
##-###	Digital Literacy		3	
25-110/111	Physics I & Lab	22-116 or higher	4	
Total Hours			16	
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
08-333 or 08-325	Developmental OR Sport Psychology	08-103	3	
##-###	General Elective		3	
Total Hours			15	
Term 5	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
34-102	American Government (Political Sci)		3	
35-101	Sociology (Soc & Behavioral Science)		3	
39-276	Biomedical Ethics (Humanities)		3	
22-550	Community Health		3	




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.




			Total Hours	12	
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		
04-238	Physiology of Allied Health & lab	04102/103 or 04106/107, and 24112/113 or 24114/115	4		
##-###	General Electives		3		
Total Hours			16		
Term 7	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes	
22-541	Human Pathophysiology		3		
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		
10-112	Composition II		3	Apply for Graduation	
Total Hours			16		
Term 8	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes	
22-555	Interventions and Strategies for Health Behavior Change		3		
##-###	Humanities		3		
22-470	Profession Based Experience		3	Permission required 	
##-###	Fine Arts		3		
##-###	General Elective		3		
Total Hours			15		

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