

Northwest Missouri State University-Kansas City

Metropolitan Community College

Bachelor Completion in Applied Health Science: Exercise Science Emphasis

SUMMER

22-254	Anatomy and Physiology	3 credit hours
22-114	Wellness	3 credit hours

Total: 6 credit hours

FALL

22-332	Physiology of Exercise	3 credit hours
22-336	Basic Biomechanics	3 credit hours
22-233	First Aid/CPR	3 credit hours
22-552	Health Promotion	3 credit hours

Total: 12 credit hours

SPRING

22-529	Theory and Fundamentals of Strength and Conditioning/Personal Training	3 credit hours
22-532	Exercise Testing, Prescription, and Analysis of Cardiac Function	3 credit hours
08-212	Personal Adjustment	3 credit hours
22-555	Intervention and Strategies for Health Behavior Change	3 credit hours

Total: 12 credit hours

SUMMER

04-104	Medical Terminology	3 credit hours
47-234	Nutrition and Diet Behavior	3 credit hours

Total: 6 credit hours

FALL

22-410	Adapted Physical Education	3 credit hours
22-550	Community Health	3 credit hours
22-523	Motor Development	3 credit hours
22-541	Human Pathophysiology	3 credit hours

Total: 12 credit hours

SPRING

22-382	Care and Prevention of Athletic Injuries	3 credit hours
22-556	Health in the Later Years	3 credit hours
22-335	Sport & Exercise Nutrition Topics	3 credit hours
22-534	Evidence Based Practice in Health Science & Wellness	2 credit hours
22-447	Senior Seminar in Health Sciences & Wellness	1 credit hours

Total: 12 credit hours

SUMMER

22-515	Issues in Sports	3 credit hours
22-470	Internship in Applied Health Science	6 credit hours

Total: 9 credit hours

Program Total: 69 hours

- A minimum of 124 hours are required for graduation.
- Students planning to complete an Associate of Arts degree may be able to waive some general education classes and should seek advisement for proper course selection. The courses listed as “Directed” cannot be waived.
- This guide is for the 2014-2016 catalog. As new catalogs come into effect at Northwest, degree requirements may change, however, students graduate within the catalog of their initial enrollment, unless they choose to move forward in catalogs. Transfer students may also opt into the Northwest catalog in effect during their initial enrollment at their previous institution, providing they have been continuously enrolled, not sitting out for more than 18 months

Disclaimer: All statements in this publication concerning course offerings are subject to constant review and change without notice. The material in this publication is provided for informational purposes and does not constitute a contract.



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