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

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Course Title/Description</th>
<th>Pre-requisite</th>
<th>Cr Hrs</th>
<th>Milestone/Notes</th>
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<tbody>
<tr>
<td>77-101</td>
<td>University Seminar</td>
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<tr>
<td>04-102/3</td>
<td>General Biology &amp; Lab (Life Science)</td>
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<tr>
<td>10-111</td>
<td>Composition I (Written Comm)</td>
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<tr>
<td>22-114</td>
<td>Wellness</td>
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<td>17-114</td>
<td>General Statistics</td>
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<th>Milestone/Notes</th>
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<tbody>
<tr>
<td>22-223</td>
<td>Introduction to Health Sci &amp; Wellness</td>
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<tr>
<td>04-112/113</td>
<td>General Chemistry and Lab (Physical Sci)</td>
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<tr>
<td>10-112</td>
<td>Composition II (Written Comm)</td>
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<tr>
<td>29-102</td>
<td>Oral Communication</td>
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<tr>
<td>22-254 OR</td>
<td>Anatomy/Physiology---- OR--------</td>
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<td>Minimum B grade required for graduation</td>
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<tr>
<td>04-236</td>
<td>Allied Health Anatomy /Lab</td>
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<th>Cr Hrs</th>
<th>Milestone/Notes</th>
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<tbody>
<tr>
<td>08-103</td>
<td>General Psychology</td>
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<tr>
<td>47-234</td>
<td>Nutrition &amp; Diet Behavior</td>
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<tr>
<td>22-332</td>
<td>Physiology of Exercise</td>
<td>22-254 or 04-236</td>
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<td>##-##</td>
<td>Digital Literacy</td>
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<td>45-216</td>
<td>Gerontology</td>
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<tbody>
<tr>
<td>01-104</td>
<td>Medical Terminology</td>
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<td>##-##</td>
<td>Aging Studies Elective</td>
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<td>22-336</td>
<td>Basic Biomechanics</td>
<td>22-254 or 04-236</td>
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<td>Minimum B grade required for graduation</td>
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<td>45-216</td>
<td>Introduction to Gerontology</td>
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<td>##-##</td>
<td>Humanities</td>
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<td>##-##</td>
<td>General Elective</td>
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<th>Term 5</th>
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<tr>
<td>34-102</td>
<td>Intro to American Government (Poli Sci)</td>
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<td>45-365</td>
<td>Leisure and Aging</td>
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<td>35-101</td>
<td>General Sociology</td>
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<tr>
<td>45-315</td>
<td>Social Aspects of Aging and Families</td>
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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.
Northwest Missouri State University  
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Total Hours 15

<table>
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<tr>
<th>Term 6</th>
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<tr>
<td>22-550</td>
<td>Community Health</td>
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<td>22-382</td>
<td>Care &amp; Prevention of Athletic Injuries</td>
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<td>###-###</td>
<td>Humanities</td>
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<td>08-383</td>
<td>Psychology of Aging</td>
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Total Hours 13-15

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<tr>
<th>Term 6.5</th>
<th>Summer Term</th>
<th>Pre-Requisites</th>
<th>Cr Hrs</th>
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<tr>
<td>22-556</td>
<td>Health in the Later years</td>
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Total Hours 3

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<th>Term 7</th>
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<tbody>
<tr>
<td>45-469</td>
<td>Evidence Based Practice in HSW</td>
<td>22254 or 04236 and 22332, 22336</td>
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<td>22-552</td>
<td>Health Promotion</td>
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<td>10-220</td>
<td>Literature</td>
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<td>35-155/156</td>
<td>History</td>
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<td>22-447</td>
<td>Senior Seminar</td>
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Total Hours 13

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<tr>
<td>22-555</td>
<td>Interventions and Strategies for Health Behavior Change</td>
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<td>Apply for Graduation</td>
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<tr>
<td>22-529</td>
<td>Advanced Strength and Conditioning</td>
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<td>45-469</td>
<td>Practicum in Aging</td>
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<tr>
<td>22-470</td>
<td>Profession Based Experience</td>
<td>22332, 22336</td>
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<td>Fine Art</td>
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Total Hours 12/15

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