



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	
##-###	Fine Arts or Oral Communication		3	
Total Hours			14	
Term 2	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-223	Introduction to Health Sci & Wellness		3	
04-112/113	General Chemistry and Lab (Physical Sci)		4	
10-112	Composition II		3	
##-###	Fine Arts or Oral Communication		3	
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
Total Hours			16/17	
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
17-114	General Statistics (Math Science)		3	
##-###	Exercise Science Elective		3	
##-###	General Elective		3	
Total Hours			18	
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
##-###	Digital Literacy		3	
##-###	Exercise Science 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	
##-###	General Elective		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	15	
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	3		
22-536	Mechanical Analysis of Sport	22-254	3		
##-###	History		3		
##-###	General Elective		3		
Total Hours			15		
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		
22-524	Evidence Based Practice in HSW		3		
22-552	Health Promotion		3		
22-447	Senior Seminar		1		
22-529	Advanced Strength and Conditioning		3		
##-###	Humanities		3	Apply for Graduation	
Total Hours			15/16		
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		3		
22-470	Profession Based Experience		3/6	Permission required 	
##-###	General Elective		3		
Total Hours			12/15		

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