Transfer Articulation Guide
for Associate of Applied Science in Personal Fitness Trainer to Bachelor of Science in Exercise Science

Pursuant to the Articulation Partnership between Missouri Western State University (MWSU) and the Highland Community College (HCC), this document serves as the Transfer Articulation Guide between MWSU and HCC for the ***BS-Health and Exercise Science.*** This Transfer Articulation Guide is entered into pursuant to the Articulation Partnership between MWSU and HCC and is effective beginning Spring 2026.

This transfer guide is provided as a service and is updated as needed. Degree requirements at the institutions are subject to change. To ensure you have the most accurate up to date information about the program, it is important you meet with an advisor at the transfer institution.

Entrance Requirements

- Overall GPA of 2.0 or higher
- Bachelor's degree program listed above officially declared on the MWSU student record (indicated at time of admission or upon meeting with an advisor.)

Degree Requirements

- Earn a minimum of 120 hours (100 level and higher, maximum of 6 CED credit hours applicable).
- Earn a minimum of 30 credit hours in upper division courses. Lower division transfer courses accepted as meeting upper division departmental course requirements cannot be used to fulfill this requirement.
- Earn 30 of the last 45 credit hours at MWSU in institutional course work (exclusive of credit by exam).
- Participate in required departmental and campus wide assessments.
- Earn an overall GPA at least 2.0 and a major GPA of at least 2.0.
- Fulfill the Missouri Constitution requirement.
- Successfully pass the Missouri Higher Education Civics Achievement exam.

For more information, please contact:

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12/5/2025

Highland		Missouri Western State University	
GENERAL EDUCATION COMPONENT OF AAS			
Course	**Cr Hrs**	**Course**	**Cr Hrs**
Eng 101 Composition I	3	Eng 104 College Writing & Rhetoric	3
Eng 102 Composition II: Literature and Research or Eng 103 Composition II: Rhetoric and Research	3	Eng 108 College Writing and Research	3
SP 101 Oral Communications or SP 106 Public Speaking	3	Com 104 Oral Communication	3
Bus 130 Microcomputer Applications	3	GBA 201 Business Analytics & Reporting	3
PSY 101 General Psychology	3	PSY 101 General Psychology	3
PROGRAM-TO-PROGRAM TRANSFERABLE COURSES **Any courses not taken at HCC must be taken at MWSU.** **Note: Some of these courses may be taken as part of General Education**			
Course	**Cr Hrs**	**Course**	**Cr Hrs**
PE 112 Personal & Community Health or PE 139A Lifetime Fitness for PFT	**3**	EXS 101 Fitness and Wellness	3
PE 113 First Aid and Safety	3	EXS 305 First Aid/Response to Emergencies	3
BS 104 Human Anatomy BS 105 Human Physiology	4 4	BIO 250 Anatomy and Physiology	5
PE 224 Care & Prev Athletic Injuries	3	EXS 385 Athletic Training	3
PE 250 Exercise Physiology	3	EXS 304 Physiology of Exercise	3
BS 112 Nutrition for Health, Fitness & Sports w/Lab	5	ALH 352 Applied Nutrition	3
REMAINDER OF GENERAL EDUCATION CORE IN INCOMPLETE KNOWLEDGE AREAS **Courses may be taken at HCC or MWSU. If taken at HCC, students should check how courses transfer to MWSU.**			
Content Areas			**Cr Hrs**
Humanities and Fine Arts			9
Mathematical Sciences			3
Natural Sciences			7
Social and Behavioral Sciences			6
Additional hours as needed to meet 42 credit hours.			
BS PROGRAM REMAINING COURSES TO BE COMPLETED AT MWSU ***Health and Exercise Science Concentration**			
EXS 191 Foundations of Physical Education			3
EXS 217 Principles of Strength and Conditioning			3
EXS 303 Kinesiology			3
EXS 327 Exercise Prescription for Special Populations			3
EXS 373 Psychology of Exercise or EXS 374 Psychology of Sport			3
EXS 352 Fitness and Sports Nutrition			3
EXS 393 Measurement and Evaluation in Physical Education			3
EXS 400 Advanced Cardiovascular Physiology			3
EXS 401 Graded Exercise Testing			3
EXS 430 Field Experience in Health and Exercise Science			6

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EXS 451 Research Methods in Allied Health Professions	3
EXS 480 Practicum in Health and Exercise Science or ESX 481 Children's LIfetime Sports Academy Practicum	2-3
Restricted Electives	9

BS PROGRAM REMAINING COURSES TO BE COMPLETED AT MWSU ***Personal and Commercial Fitness***	
Courses	Cr Hrs
EXS 191 Foundations of Physical Education	3
EXS 164 Techniques for Strength Training Athletes or EXS 165 Methods and Techniques of Resistance Training	1
EXS 217 Principles of Strength and Conditioning	3
EXS 218 Principles of Aerobic Training	3
EXS 303 Kinesiology	3
EXS 327 Exercise Prescription for Special Populations	3
EXS 373 Psychology of Exercise or EXS 374 Psychology of Sport	3
EXS 352 Fitness and Sport Nutrition	3
EXS 393 Measurement in Physical Education	3
EXS 401 Graded Exercise Testing	3
EXS 416 Practical Skills in Personal Training	1
EXS 417 Applied Techniques in Personal Training	3
EXS 430 Field Experience in Health and Exercise Science	6
EXS 480 Practicum in Health and Exercise Science or ESX 481 Children's LIfetime Sports Academy Practicum	2-3
RSM 325 Law for the Recreation and sport Practitioner 3	
Restricted Electives	6
Unrestricted Electives (remaining coursework required to reach a total of 120 credit hours)	

BS PROGRAM REMAINING COURSES TO BE COMPLETED AT MWSU ***Strength and Conditioning***	
Courses	Cr Hrs
EXS 191 Foundations of Physical Education	3
EXS 164 Techniques for Strength Training Athletes or EXS 165 Methods and Techniques of Resistance Training	1
EXS 217 Principles of Strength and Conditioning	3
EXS 218 Principles of Aerobic Training	3
EXS 231 Field Experience in Strength and Conditioning	1
EXS 303 Kinesiology	3
EXS 324 Principles and Administration of Strength and Conditioning	3
EXS 327 Exercise Prescription for Special Populations	3
EXS 331 Practicum in Strength and Conditioning	2
EXS 352 Fitness and Sport Nutrition	3
EXS 373 Psychology of Exercise or EXS 374 Psychology of Sport	3
EXS 393 Measurement in Physical Education	3
EXS 394 Testing and Program Design in Strength and Conditioning	3
EXS 401 Graded Exercise Testing	3
EXS 416 Practical Skills in Personal Training	1
EXS 417 Applied Techniques in Personal Training	3
EXS 431 Internship in Strength and Conditioning	4
Restricted Electives	3
Unrestricted Electives (remaining coursework required to reach a total of 120 credit hours)	

***Equivalent course but does not count toward Missouri Western State University upper-division requirement (30 credit hours of 300+ numbered courses).**