Transfer Articulation Guide
for Associate of Science in Exercise Science 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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Highland		Missouri Western State University	
GENERAL EDUCATION COMPONENT OF AS			
Course	**Cr Hrs**	**Course**	**Cr Hrs**
Basic Skills			
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
Mat 104 or higher level mathematics	3	MAT 116 College Algebra	3
A 113 Typography or A 121 Design Software Application or Bus 130 Microcomputer Applications	3	ART 333 Typography (does not count toward upper-division requirement or Art 129 Design Software Application, or GBA 201 Business Analytics & Reporting	3
Humanities and Fine Arts (6 credits, 2 different areas)			
A 101 Art Appreciation	3	ART 100 Introduction to Art	3
A 107 Drawing I	3	ART 110 Beginning Drawing I	3
A 201 Art History Survey: Prehistoric to Medieval	3	ART 205 Survey of Art History I	3
A 202 Art History Survey: Renaissance to Contemp	3	ART 202 Survey of Art History II	3
LG 101 Spanish I	3-5	SPA 100 Elementary Spanish	3
LG 102 Spanish II	3-5	SPA 101 Elementary Spanish	3
LG 201 Spanish III	3	SPA 200 Intermediate Spanish I	3
HIS 101 United States History to 1877	3	HIS 140 American History to 1865	3
HIS 102 United States History since 1877	3	HIS 150 American History since 1865	3
HIS 103 History Western Civilization I	3	HIS 200 Ancient & Medieval Civilization	3
HIS 104 History of Western Civilization II	3	HIS 230 Modern Europe: 1789 to Present	3
ENG 104 Introduction to Literature	3	ENG 210 Approaches to Literature	3
ENG 202 American Lit: Pre-Colonial to Civil War or Eng 209 American Lit: Reconstruction to Present	3	ENG 211 American Literature	3
ENG 208 Introduction to Short Story or ENG 215 Diverse Voices in Literature	3	ENG 210 Approaches to Literature	3
ENG 211 World Lit: Enlightenment to Present	3	ENG 213 World Literature	3
ENG 213 British Literature: 1800 to Present	3	ENG 212 British Literature	3
M 103 Music History/Appreciation or M 162 Introduction to World Music or M 223 History of Jazz	3	MUS 101 Perspectives in Music	3
PHI 101 Introduction to Philosophy	3	PHL 210 Introduction to Philosophy	3
PHI 102 Introduction to Ethics	3	PHL 230 Ethics	3
PHI 103 Logic & Critical Thinking	3	PHL 219 Reasoning And Argumentation	3
PHI 105 Religions of the World	3	REL 150 Religions of the World	3

TH 108 History/Appreciation of Theatre Arts	3	THR 113 Introduction to Theatre	3
Social and Behavioral Sciences (6 credits, 2 different areas)			
ANT 112 Cultural Anthropology	3	SOC 120 General Anthropology	3
CJ 100 Introduction to Criminal Justice	3	CRJ 100 Introduction to Criminal Justice	3
BUS 203 Macroeconomics	3	ECO 260 Principles of Macroeconomics	3
BS 204 Microeconomics	3	ECO 261 Principles of Microeconomics	3
GEO 212 World Regional Geography	3	GEO 100 World Geography	3
POL 100 United States Government	3	PSC 101 American National Government	3
PSY 101 General Psychology	3	PSY 101 General Psychology	3
PSY 205 Human Growth & Development	3	PSY 240 Life-Span Dev. Psychology	3
SOC 101 General Sociology	3	SOC 110 Introduction to Sociology	3
SOC 102 Marriage and the Family	3	SOC 330 The Family (Does not count toward MWSU upper-division requirement)	3
Mathematics or Sciences (20 Credits)			
BS 101 College Biology w/lab	5	BIO 101 Principles of Biology	4
BS 104 Human Anatomy w/lab and BS 105 Human Physiology w/lab	8	BIO 250 Anatomy and Physiology	5
BS 201 General Zoology w/lab or BS 202 General Botany w/lab	5	BIO 105 Principles of Organismal Biology	4
CHM 107 Introductory Chemistry w/lab	4	CHE 101 Introductory Chemistry	4
CHM 111 General Chemistry I w/lab	5	CHE 111 General Chemistry I	5
PS 104 Physical Geology w/lab	4	ESC 111 Physical Geology	4
PS 108 Astronomy w/lab	4	PHY 104 Introduction to Astronomy	4
PS 203 General Physics I w/lab	5	PHY 110 College PHysics I	4
PS 215 College Physics ii w/lab	5	PHY 210 University PHysics I	4
MAT 203 Basic Statistics	3	MAT 111/111E Introductory	3-4
MAT 106 Calculus	5	MAT 167 Calculus with Analytic Geom I	5
PROGRAM-TO-PROGRAM AS TRANSFERABLE COURSES 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**
BS 110 Nutrition	3	ALH 352 Applied Nutrition (does not count toward upper-division requirement	3
PE 112 Personal and Community Health	3	EXS 101 Fitness and Wellness	3
PE 113 First Aid and Safety	3	EXS 305 First Aid/Response to Emergencies	3
PE 224 Care and Prevention of Athletic Injuries	3	EXS 385 Athletic Training	3
PE 250 Exercise Physiology	3	EXS 304 Physiology of Exercise	3
REMAINDER OF GENERAL EDUCATION CORE Courses may be taken at HCC or MWSU. If taken at HCC, students should check to see how courses transfer to MWSU.			
Content Area			**Cr Hrs**
Social and Behavioral Sciences			3
Humanities and Fine Arts			3

BS PROGRAM REMAINING COURSES TO BE COMPLETED AT MWSU ***Health and Exercise Science Concentration***	
Course	**Cr Hrs**
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 Sport 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
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	12
Unrestricted Electives (remaining coursework required to reach a total of 120 credit hours)	

BS PROGRAM REMAINING COURSES TO BE COMPLETED AT MWSU ***Personal and Commercial Fitness***	
Courses	Cr Hrs
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	9
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 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	6
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).**