NORTHWESTERN HEALTH SCIENCES UNIVERSITY

University Catalog Addendum
Fall 2026 Term

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Academic Policy

Military Service Leave Policy

Policy Approval Date: August 23, 2022

Policy Effective Date: September 7, 2022

Procedure Approval Date: October 21, 2026

Procedure Effective Date: November 3, 2026

Purpose

To define the military service leave policy for students.

Scope

The scope of this policy applies to students in the United States military, including selected reserve forces, and students with a spouse or domestic partner in the United States military, including selected reserve forces, in all programs.

Policy

Students will be given appropriate accommodations for voluntary or involuntary active-duty service in the U.S. armed forces, including active duty for training and National Guard or Reserve service under federal authority.

Procedure

Short-Term Leave (less than 14 days within a term)

A student who will miss classes for short-term military leave or military training exercises (example: annual training for National Guard and Reserve members) of 14 days or less must notify their instructor(s) within 10 days of receipt of orders and prior to missing classes, exams or assignments.

- The instructor may request review by the Dean of the student's military orders to determine their validity and to consult on recommended reasonable due dates.
- The instructor will provide the qualifying student with opportunities to complete class requirements with reasonable due dates accounting for the absence.
- If the student and instructor are unable to come to a mutually satisfactory agreement concerning revised due dates, the Dean will work with the faculty member to make a final determination of adjusted due dates.

- Coursework that was to be completed during the absence will not incur a reduced grade penalty when submitted by the agreed upon deadline.
- The instructor may award an Incomplete (I) Grade if the absence is near the class end date and the student has completed all but a small portion of the coursework in accordance with the Incomplete Grade policy.

Longer Term Leave (14 days or more)

A student who is called to active duty or active service in a branch of the United States Armed Forces (Army, Navy, Air Force, Marine Corps, Space Force, Coast Guard, National Guard or Reserve) for 14 days or more must complete a Military Leave of Absence Request form and provide documentation including military orders or a letter of activation from the student's military unit indicating the specific dates of service. Enrolled students granted the military leave of absence will be given the option to:

- Request an Incomplete ("I") grade for any course in which they are registered when granted the leave. The course instructor must approve the request for an "I" grade and the student must be able to complete the required activities by the conclusion of the fourth week of the term after their leave has ended. If the student is unable to complete the coursework by the deadline, the student may request a late military withdraw and a grade of "WM" will be assigned to the course.
- Request a military withdrawal by contacting the Office of the Registrar. A grade of "WM" will be assigned for any course in which they were registered. "WM" grades do not impact a student's GPA. Students approved for a WM grade will be allowed to retake the course at no cost when they return from leave. Students receiving financial aid or Veterans Benefits must notify the Financial Aid Office to determine the impact of a withdrawal.

Reenrollment Following Military Leave

Students approved for the military leave of absence must notify the university of their intent to return within three years after the completion of the period of service. Students are encouraged to return to the University within one year of completing their military service. The cumulative length of the absence from the school for military service may not exceed five years. Students with an approved MLOA do not need to reapply or pay a readmission fee. Students are encouraged to meet with their academic advisor prior to registration.

Service members are promptly readmitted to the same program in which the student was last admitted or, if that exact program is no longer offered, the program that is most similar to that program, unless they choose a different program. Students will be re-enrolled with the same academic status they had during their last period of enrollment.

To Return from Military Leave Students Must:

- Give oral or written notice of their intent to return to the Office of the Registrar.
- Provide documentation showing that their military duty has ended.

Related Policies

- NA

Revision History

- Original Policy Approval Date: 1/21/2014
- Subsequent Policy Approval Date(s): 8/23/2022
- Subsequent Procedure Approval Date(s): 8/23/2022, 10/21/2026
- Former University Policy: NA

New Program

Master of Health Science in Human Performance (Winter 2027)

The Master of Health Science in Human Performance prepares graduates to optimize performance, readiness, and recovery through data-informed decision-making across sport, clinical, and applied human performance settings. The program integrates sport science theory, interdisciplinary needs analysis, assessment and monitoring, and performance data interpretation to support evidence-informed strategies. Graduates develop the ability to identify risk factors, evaluate performance outcomes, and apply actionable insights within collaborative environments, preparing for roles such as performance specialist, sport scientist, strength and conditioning professional, or human performance analyst.

The program consists of 30 graduate credits and is delivered in a hybrid-flexible format that combines asynchronous online coursework with applied learning experiences. Students complete a 15-credit core curriculum focused on sport science, performance assessment, and decision-making, followed by 15 credits in a selected specialization aligned with professional interests and certification pathways. Applied learning opportunities may include optional in-person experiences utilizing available resources at the Human Performance Center (HPC), when capacity allows. Equivalent applied experiences will be designed for remote learners using case-based scenarios and simulated data to ensure accessibility for both local and distance students.

Program Learning Outcomes (PLOs)

Graduates of the Master of Health Science in Human Performance program will be able to:

1. Analyze biomechanical, physiological, psychological and performance data to inform decision-making in sport science and human performance contexts.

2. Integrate research and evidence-informed principles to support performance strategies, recovery processes, and athlete readiness within sport and human performance.

3. Develop performance insights and recommendations aligned with individual needs, environmental demands, and program goals.

4. Collaborate within interdisciplinary teams to support coordinated performance strategies and athlete readiness.

5. Use ethical decision-making, professional communication, and leadership skills aligned with industry standards in sport science and human performance settings.

Specialized Learning Outcomes (SLOs)

Data Analytics Specialization

1. Evaluate performance technologies and monitoring systems to collect and interpret athlete data.

2. Apply analytical methods to translate performance data into actionable decision-making strategies.

Functional & Integrative Nutrition Specialization

1. Evaluate nutritional strategies, supplementation, and therapeutic approaches to support performance and recovery.

2. Develop individualized nutrition interventions aligned with athlete needs, health status, and performance goals.

Entrance Requirements

There are three paths to admission. Applicants meeting the following criteria may be considered for admission:

Path One

- Earned a bachelor's degree (or foreign equivalent) from an accredited institution
- Have a minimum 2.50 cumulative grade point average or submit a letter of special circumstances
- Earned a C- or better for the following prerequisite courses at an undergraduate and/or graduate level, specific to your desired specialization:
    - Data Analytics
        - Anatomy & Physiology (minimum of 3 semester credits)
        - Exercise Physiology (minimum of 3 semester credits)
        - Biomechanics or Kinesiology (minimum of 3 semester credits)
        - Statistics or Research Methods (minimum of 3 semester credits)

- Functional and Integrative Nutrition
    - Anatomy & Physiology (minimum of 3 semester credits)
    - Exercise Physiology (minimum of 3 semester credits)
    - Biomechanics or Kinesiology (minimum of 3 semester credits)
    - Introductory Nutrition (minimum of 3 semester credits)
    - Biochemistry (minimum of 3 semester credits)

Path Two

- Earned a bachelor's degree (or foreign equivalent) from an accredited institution
- Have a minimum 2.50 cumulative grade point average or submit a "letter of special circumstances"
- Hold one of the following professional or academic credentials:
    - ATC
    - DC
    - DPT
    - LAc
    - MAc, DAcCHM
    - MD/DO
    - PA-C

Path Three

- Current NWHSU College of Chiropractic or College of Acupuncture and Chinese Medicine students with completed coursework through the following terms:
    - Doctor of Chiropractic T6
    - Master or Doctorate in Acupuncture and Chinese Medicine T5
- Have a minimum 2.50 cumulative grade point average or submit a "letter of special circumstances"
- Earned a minimum of 90 semester credits (or foreign equivalent) from an accredited institution

Qualifications

All students, with or without reasonable accommodation, must carry out assignments. Qualified persons with disabilities, with or without reasonable accommodation, must be able to pass oral and written examinations.

It is in the best interests of both the student and the University to assess the degree of limitation caused by disability. However, the University will make the final determination of whether an individual meets all qualifications for study at the University.

The University accommodations process is found under “Student Life.” Additionally, questions regarding qualifications or accommodations should be directed to the Office of Student Affairs.

Course Requirements

Core Courses

Course Name
FOUNDATIONS OF HUMAN PERFORMANCE

Course ID	**Credits**
SMHP-6000	3

Course Description
This course introduces the scientific and decision-making foundation of human performance. Learners examine physiological, biomechanical, and psychological principles that influence performance, injury, and recovery. Emphasis is placed on evaluating research and translating evidence into practical application. Learners develop skills to interpret data and apply evidence-informed strategies to support performance and clinical decision-making within interdisciplinary settings.

Course Name
APPLIED BIOMECHANICS AND MOVEMENT SCIENCE

Course ID	**Credits**
SMHP-6020	3

Course Description
This course examines human movement through biomechanical principles within performance and clinical contexts. Learners analyze movement patterns, evaluate injury risk, and assess performance outcomes across diverse populations. Emphasis is placed on applying biomechanical concepts to performance, rehabilitation, and return-to-play scenarios. Learners develop skills to interpret movement data and inform performance and clinical decision-making.

Course Name
INJURY RISK, RECOVERY, AND PERFORMANCE OPTIMIZATION

Course ID	Credits
SMHP-6080	3

Course Description
This course focuses on the identification and management of factors that influence injury risk, recovery, and performance. Learners analyze intrinsic and extrinsic contributors to injury, evaluate rehabilitation and recovery strategies, and apply return-to-performance principles across athletic and active populations. Emphasis is placed on interpreting injury, fatigue, and recovery data to guide decision-making and integrating prevention and performance optimization strategies into training plans.

Course Name
INTERDISCIPLINARY MANAGEMENT AND SPECIAL POPULATIONS

Course ID	Credits
SMHP-6100	3

Course Description
This course addresses the performance needs of diverse and special populations within interdisciplinary care environments. Learners evaluate collaborative approaches to performance and clinical management, apply team-based decision-making, and integrate population-specific considerations into performance planning. Emphasis is placed on professional roles, ethical responsibilities, and effective communication within sport and human performance teams.

Course Name
ATHLETIC MONITORING, LOAD MANAGEMENT, AND READINESS

Course ID	Credits
SMHP-6160	3

Course Description
Analysis of athlete monitoring systems and performance data supports decision-making related to readiness, workload, and performance. Learners evaluate load management strategies across training and competition environments, apply monitoring technologies, and interpret readiness, fatigue, and workload indicators. Emphasis is placed on integrating monitoring data into performance planning and return-to-play decisions.

Total Core Credit Hours: 15

Data Analytics Specialization

Course Name
PERFORMANCE TECHNOLOGY AND MONITORING SYSTEMS

Course ID	**Credits**
SMHP-6215	3

Course Description
This course examines one of the most robustly used modalities of functional medicine: dietary and herbal supplements. It provides an overview of the entire dietary supplements, nutraceuticals, phytonutrients/phytochemicals and functional foods aspect of nutritional advice used in current health practice. In addition, this course provides a practical overview of pharmacologic therapy used in chronic illnesses or non-life-threatening acute illness management, including mechanism of action (pharmacodynamics); the absorption, distribution, metabolism and excretion of drugs (A.D.M.E. of pharmacokinetics); potential toxic effects of medications; factors affecting the effectiveness of drugs; and interactions with drugs. The course provides an overview of the regulations that govern manufacturing, sales, and marketing of dietary supplements. Students will use reliable and peer-reviewed resources, as well as integrative care case studies to critically evaluate the proposed benefits, efficacy, and safety of supplements and pharmaceuticals in order to inform client recommendations.

Course Name
PERFORMANCE ASSESSMENT AND NEEDS ANALYSIS

Course ID	**Credits**
SMHP-6235	3

Course Description
This course examines sport and performance demands across athletic and active populations to inform assessment and planning. Learners evaluate assessment strategies to identify performance strengths and limitations, apply needs analysis principles to establish benchmarks and goals, and integrate interdisciplinary input into performance planning. Emphasis is placed on effectively communicating assessment findings to support performance decision-making.

Course Name
APPLIED PERFORMANCE DATA ANALYSIS AND DECISION-MAKING

Course ID	Credits
SMHP-6245	3

Course Description
This course examines return-to-performance decision-making within interdisciplinary sport and performance environments. Learners analyze recovery scenarios, evaluate the roles of medical and performance team members, and apply load management and advanced rehabilitation strategies in planning. Emphasis is placed on interpreting physical, psychological, and environmental factors influencing outcomes and integrating ethical, professional, and scope-of-practice considerations into decision-making.

Course Name
APPLIED SPORT SCIENCE PRACTICUM, 3

Course ID	Credits
SMHP-6265	3

Course Description
This course provides an applied clinical experience in sport and performance settings focused on real-world athlete management. Learners analyze injury and performance scenarios, evaluate athlete presentations using sideline and clinical assessment strategies, and apply chiropractic and performance-based interventions. Emphasis is placed on interpreting athlete response to care, supporting ongoing management decisions, and integrating interdisciplinary communication and professional practice in live or simulated environments.

Prerequisite
Completion of all core SMHP and three specialization courses and/or enrolled concurrently with last required course.

Course Name
DATA ANALYTICS CAPSTONE

Course ID	Credits
SMHP-6920	3

Course Description
This course culminates in the analysis of a complex sport injury or performance case requiring interdisciplinary management. Learners evaluate clinical, performance, and contextual data to inform decision-making, develop integrated care and return-to-performance strategies, and interpret outcomes to refine recommendations. Emphasis is placed on synthesizing evidence and effectively communicating decisions to interdisciplinary stakeholders.

Total Specialization Credit Hours: 15

Functional and Integrative Nutrition Specialization

Course Name
NATURAL THERAPIES: SUPPLEMENTS, HERBS, AND PHARMACEUTICALS

Course ID	**Credits**
NUTR-6210	3

Course Description
This course examines one of the most common modalities of functional medicine: dietary and herbal supplements as well as provides an overview of the entire dietary supplements, nutraceuticals, phytonutrients/phytochemicals and functional foods aspect of nutritional advice used in current health practice.

In addition this course provides a practical overview of pharmacologic therapy used in chronic illnesses or non-life-threatening acute illness management including: mechanism of action (pharmacodynamics), the absorption, distribution, metabolism and excretion of drugs (A.D.M.E. of pharmacokinetics), potential toxic effects of medications, factors affecting the effectiveness of drugs, and interactions with drugs.

The course provides an overview of the regulations that govern manufacturing, sales, and marketing of dietary supplements. Students will use reliable and peer-reviewed resources, as well as integrative care case studies to critically evaluate the proposed benefits, efficacy, and safety of supplements and pharmaceuticals in order to inform client recommendations.

Course Name
SPORTS AND HUMAN PERFORMANCE NUTRITION

Course ID **Credits**
NUTR-6212 3

Course Description
This course explores the roles and requirements of macro and micronutrients in fueling energy systems and the applications to make nutritional recommendations for physically active persons at all levels of performance (beginners, youth, and elite athletes) to meet training demands. Nutrition assessment and examination of popular performance enhancing ergogenic aids, supplements, functional sports nutrition methodologies, and the fundamentals of energy balance, exercise and body composition are discussed.

Course Name
ADVANCED AND APPLIED SPORTS NUTRITION

Course ID **Credits**
NUTR-6304 3

Course Description
This course expands on the concepts of NUTR 6212 to include the athlete specific variability from genetics, environment, sport-type, and training-level components and the role of functional nutrition to optimize athletic health and performance.

Prerequisite
NUTR-6212

Course Name
APPLIED FUNCTIONAL AND INTEGRATIVE NUTRITION IN HUMAN PERFORMANCE

Course ID **Credits**
SMHP-6465 3

Course Description
Applied performance-focused nutrition planning is conducted within structured interdisciplinary human performance scenarios in this practicum experience. Assessment data, evidence-informed strategies, and professional communication practices are integrated to support performance and recovery outcomes. Emphasis is placed on applied problem-solving and collaborative practice.

Course Name
FUNCTIONAL AND INTEGRATIVE NUTRITION FOR HUMAN PERFORMANCE CAPSTONE

Course ID	Credits
SMHP-6940	3

Course Description
A comprehensive applied nutrition project addressing a complex performance or recovery-related issue is completed in this capstone course. Evidence evaluation, strategic planning, and interdisciplinary considerations are integrated to formulate a professional-level solution. The project demonstrates applied methodology, ethical reasoning, and implementation strategy.

Prerequisite
SMHP-6465

Total Specialization Credit Hours: 15

TOTAL PROGRAM CREDIT HOURS: 30

Graduation Requirements

The Master of Health Science (MHS) in Human Performance requires completion of 30 graduate credits, consisting of 15 core credits and 15 specialization credits, aligned with standard credit expectations across comparable programs in the field.

Professional Licensure Registration or Certification

Those completing the Master of Health Science in Human Performance are eligible to apply for the Certified Performance and Sport Scientist (CPSS) following completion of twelve weeks of applied experience (480 hours), including internships, fellowships, graduate assistantships, or full-time professional roles. The completion of these hours is done outside of the requirements of the completion of the program. Currently, there is no state licensure for human performance. Students should contact the appropriate board for eligibility requirements, and their State Department of Health to determine which of these certifications may be recognized for practice in their state, as well as any other licensing, registration, or certification requirements, as they are subject to change.

The University makes no guarantees that an individual student will satisfy the licensure, registration or certification requirements of any particular state or other jurisdiction. It is

the responsibility of an individual student to confirm the regulatory requirements that may apply in any jurisdiction in which that student intends to practice.

Receipt of a certificate or degree from Northwestern Health Sciences University does not guarantee a license or certification to practice. States vary in the specific courses of study required and/or state-based testing for certification or licensing. Students are responsible for confirming with the appropriate board(s) to determine the specific requirements for the state(s) in which they intend to practice and/or seek employment.

New Course

Course Name
COMPREHENSIVE MCAT PREPARATION AND TEST SUCCESS STRATEGIES

Course ID	Credits
AHP-4000	1

Course Description

This course is an accelerated (7-week), live instructional program designed to prepare students for the MCAT through integrated content instruction, test-taking strategy, and mental fitness training. The course will cover the four content categories of the MCAT, introduce and utilize test strategies, and employ meta cognition techniques.

Prerequisite

AHP-1000, BIOL-3200, BIOL-3300; complete prerequisite courses or contact instructor