



ADVISING WORKSHEET
BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE
HUMAN PERFORMANCE OPTION
General Bulletin 2023-2024

TRANSFER INSTITUTION(S):

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Name _____

Student ID # _____

GENERAL EDUCATION REQUIREMENTS – SEE ATTACHED PAGE FOR SPECIFIC COURSES

| General Education Category | Course # | Credits | Grade | Semester | Equivalent |
|--|----------|---------|-------|----------|------------|
| Category I: Global Academic Skills (9 credits) A. Mathematics (3 credits) <i>STAT 216-Interdisciplinary Core Requirement</i> | | | | | |
| B. English (3 credits) <i>WRIT 101-Interdisciplinary Core Requirement</i> | | | | | |
| C. Communication & Information Literacy (3 credits) | | | | | |
| Category II: Natural Sciences (7 credits) 2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab) <i>BIOB 101 or BIOB 121-Interdisciplinary Core Requirement</i> <i>CHMY 121/122-Interdisciplinary Core Requirement</i> <i>BIOB 102-Interdisciplinary Core Requirement</i> | | | | | |
| Category III: Social Sciences and History (6 credits) A. Social Science (3 credits) <i>PSYX 100-Interdisciplinary Core Requirement</i> | | | | | |
| B. History (3 credits) | | | | | |
| Category IV: Cultural Diversity (3 credits) | | | | | |
| Category V: Arts & Humanities (6 credits) A. Fine Arts (3 credits) | | | | | |
| B. Humanities (3 credits) | | | | | |

A minimum grade of "C-" required in all General Education courses.

Note: Certain degrees may require a minimum grade of "C" in General Education courses.

Reviewed:

GENERAL EDUCATION REQUIREMENTS

CATEGORY I: GLOBAL ACADEMIC SKILLS 9 credits

Students are required to take one course from each subcategory

Subcategory A - Mathematics 3 credits

| | | | |
|------|-----|---------------------------------------|---|
| M | 105 | Contemporary Mathematics | 3 |
| M | 114 | Extended Technical Mathematics | 3 |
| M | 121 | College Algebra | 3 |
| M | 122 | College Trigonometry | 3 |
| M | 130 | Mathematics for Elementary Teachers I | 3 |
| M | 140 | College Math for Healthcare | 3 |
| M | 143 | Finite Mathematics | 4 |
| M | 161 | Survey of Calculus | 3 |
| M | 171 | Calculus I | 4 |
| STAT | 141 | Introduction to Statistical Concepts | 3 |
| STAT | 216 | Introduction to Statistics | 4 |

Subcategory B - English 3 credits

| | | | |
|-------------|------------|-----------------------------------|----------|
| WRIT | 101 | College Writing I | 3 |
| WRIT | 121 | Introduction to Technical Writing | 3 |
| WRIT | 122 | Introduction to Business Writing | 3 |

Subcategory C- Communication & Information Literacy 3 credits

| | | | |
|------|-----|---|---|
| BMIS | 150 | Cyber Security and Electronic Communication | 3 |
| COMX | 111 | Introduction to Public Speaking | 3 |
| COMX | 115 | Introduction to Interpersonal Communication | 3 |
| COMX | 120 | Communication in Small Groups | 3 |
| HONR | 205 | Honors Inquiry and Research | 3 |
| LSCI | 125 | Research in the Information Age | 3 |

CATEGORY II: NATURAL SCIENCES 6 cr. lecture & 1 cr. lab

Students are required to take one course from each subcategory and at least one corresponding lab or Integrated Sciences

Subcategory A – Life Sciences 3-4 credits

| | | | |
|------|-----|---|---|
| BIOB | 101 | Discover Biology | 3 |
| BIOB | 102 | Discover Biology Lab | 1 |
| BIOB | 121 | Fundamentals of Biology for Allied Health | 3 |
| BIOB | 123 | Fund of Biology: The Nature of Nutrition | 3 |
| BIOB | 160 | Principles of Living Systems | 3 |
| BIOB | 161 | Principles of Living Systems Lab | 1 |
| SCIN | 101 | Integrated Science I | 3 |
| SCIN | 102 | Integrated Science I Lab | 1 |

Subcategory B – Physical Sciences 3-4 credits

| | | | |
|-------------|------------|--|----------|
| ASTR | 110 | Introduction to Astronomy | 3 |
| ASTR | 111 | Introduction to Astronomy Lab | 1 |
| CHMY | 121 | Introduction to General Chemistry | 3 |
| CHMY | 122 | Introduction to General Chemistry Lab | 1 |
| CHMY | 141 | College Chemistry I | 3 |
| CHMY | 142 | College Chemistry Laboratory I | 1 |
| GEO | 101 | Introduction to Physical Geology | 3 |
| GEO | 102 | Introduction to Physical Geology Laboratory | 1 |
| GPHY | 262 | Spatial Sciences Technology & Applications | 3 |
| GPHY | 263 | Spatial Sciences & Technology Lab | 1 |
| PHSX | 103 | Our Physical World | 3 |
| PHSX | 104 | Our Physical World Lab | 1 |
| PHSX | 205 | College Physics I | 3 |
| PHSX | 206 | College Physics I Lab | 1 |
| SCIN | 103 | Integrated Science II | 3 |
| SCIN | 104 | Integrated Science Lab | 1 |

CATEGORY III: SOCIAL SCIENCES AND HISTORY 6 CREDITS

Students are required to take one course from each subcategory

Subcategory A – Social Sciences 3 credits

| | | | |
|-------------|------------|--|----------|
| BGEN | 105 | Introduction to Business | 3 |
| COMX | 106 | Communicating in a Dynamic Workplace | 3 |
| ECNS | 201 | Principles of Microeconomics | 3 |
| ECNS | 202 | Principles of Macroeconomics | 3 |
| EDU | 105 | Education and Democracy | 3 |
| HTH | 110 | Personal Health and Wellness | 3 |
| PSCI | 210 | Introduction to American Government | 3 |
| PSCI | 220 | Introduction to Comparative Government | 3 |
| PSYX | 100 | Introduction to Psychology | 3 |
| SOCI | 101 | Introduction to Sociology | 3 |
| SOCI | 201 | Social Problems | 3 |

Subcategory B - History 3 credits

| | | | |
|------|-----|---|---|
| HSTA | 101 | American History I | 3 |
| HSTA | 102 | American History II | 3 |
| HSTR | 159 | World History to 1500 CE | 3 |
| HSTR | 160 | Modern World History | 3 |
| PSCI | 230 | Introduction to International Relations | 3 |

CATEGORY IV: CULTURAL DIVERSITY 3 credits

| | | | |
|------|-----|--|---|
| ANTY | 220 | Culture and Society | 3 |
| ARTH | 160 | Global Visual Culture | 3 |
| COMX | 212 | Intro to Intercultural Communication | 3 |
| GPHY | 121 | Human Geography | 3 |
| HTH | 270 | Global Health Issues | 3 |
| LIT | 230 | World Literature Survey | 3 |
| MUSI | 207 | World Music | 3 |
| NASX | 105 | Introduction to Native American Studies | 3 |
| NASX | 205 | Native Americans in Contemporary Society | 3 |
| REHA | 201 | Introduction to Diversity in Counseling | 3 |
| RLST | 170 | The Religious Quest | 3 |
| SPNS | 150 | The Hispanic Tradition | 3 |
| WGSS | 274 | Women, Culture, and Society | 3 |

CATEGORY V: ARTS & HUMANITIES 6 credits

Students are required to take one course from each subcategory

Subcategory A – Fine Arts 3 credits

| | | | |
|------|-----|------------------------------------|---|
| ARTZ | 105 | Visual Language-Drawing | 3 |
| ARTZ | 106 | Visual Language-2-D Foundations | 3 |
| ARTZ | 108 | Visual Language-3-D Foundations | 3 |
| ARTZ | 131 | Ceramics for Non-majors | 3 |
| CRWR | 240 | Intro Creative Writing Workshop | 3 |
| FILM | 160 | Introduction to World Cinema | 3 |
| LIT | 270 | Film & Literature | 3 |
| MUSI | 101 | Enjoyment of Music | 3 |
| MUSI | 114 | Band: MSUB Symphonic | 1 |
| MUSI | 131 | Jazz Ensemble I: MSUB | 1 |
| MUSI | 147 | Choral Ensemble: University Chorus | 1 |
| PHOT | 154 | Exploring Digital Photography | 3 |
| THTR | 101 | Introduction to Theatre | 3 |

Subcategory B - Humanities 3 credits

| | | | |
|------|-----|--------------------------------|---|
| ARTH | 150 | Introduction to Art History | 3 |
| HONR | 111 | Perspectives and Understanding | 3 |
| LIT | 110 | Introduction to Literature | 3 |
| LIT | 213 | Montana Literature | 3 |
| PHL | 110 | Introduction to Ethics | 3 |
| PHL | 111 | Philosophies of Life | 3 |
| PHL | 254 | People and Politics | 3 |

| Course | | Credits | Grade | Semester | Equivalent |
|--|-----|--|-------|----------|------------|
| <i>A minimum grade of C- or better is required in all major coursework</i> | | | | | |
| Human Performance Major Core | | | | | |
| ACT | 498 | Internship | 3 | | |
| ACT | 499 | Senior Thesis | 3 | | |
| AHMS | 144 | Medical Terminology | 3 | | |
| ECP | 120 | Emergency Medical Responder | 3 | | |
| KIN | 105 | Foundations of Exercise Science | 3 | | |
| KIN | 106 | Foundations of Exercise Science Lab | 1 | | |
| KIN | 210 | Principles of Strength and Conditioning | 3 | | |
| KIN | 320 | Exercise Physiology | 3 | | |
| KIN | 321 | Exercise Physiology Lab | 1 | | |
| KIN | 322 | Kinesiology | 3 | | |
| KIN | 323 | Anatomical Kinesiology Lab | 1 | | |
| KIN | 325 | Biomechanics | 3 | | |
| KIN | 328 | Kinesiology and Biomechanics Lab | 1 | | |
| KIN | 330 | Motor Learning and Control | 3 | | |
| KIN | 331 | Motor Learning and Control Lab | 1 | | |
| KIN | 364 | Research Methods in Health and Human Performance | 3 | | |
| KIN | 415 | Advanced Exercise Testing and Prescription | 3 | | |
| KIN | 462 | Evidence Based Assessment and Treatment | 3 | | |
| NUTR | 221 | Basic Human Nutrition | 3 | | |
| ^NUTR | 411 | Nutrition for Sports and Exercise | 3 | | |

Interdisciplinary Core

| | | | | | |
|----------------------|-----|---|---|--|--|
| *BIOB OR *BIOB | 101 | Discover Biology | 3 | | |
| *BIOB | 121 | Fundamentals of Biology for Allied Health | 1 | | |
| *BIOB | 102 | Discover Biology Lab | 3 | | |
| BIOH | 301 | Human Physiology and Anatomy I | 1 | | |
| BIOH | 302 | Human Physiology and Anatomy I Lab | 3 | | |
| BIOH | 311 | Human Physiology and Anatomy II | 1 | | |
| BIOH | 312 | Human Physiology and Anatomy II Lab | 3 | | |
| ^*CHMY | 121 | Introduction to General Chemistry | 1 | | |
| ^*CHMY | 122 | Introduction to General Chemistry Lab | 3 | | |
| *PSYX | 100 | Intro to Psychology | 4 | | |
| *STAT | 216 | Introduction to Statistics | | | |

^ Students who intend to pursue a Physical Therapy program should take CHMY 141 College Chemistry I and CHMY 142 College Chemistry I Lab as a substitution for CHMY 121 and 122 in the Interdisciplinary Core. If CHMY 121/122 are already completed, students may take CHMY 141/142 as a Related Elective.

Related Electives

Select **16** credits in consultation with an advisor. The following list is illustrative and not limiting. Students may structure electives to earn a minor.

| | | | | | |
|-------|-----|--|---|--|--|
| AHAT | 210 | Prevention and Care of Athletic Injuries | 3 | | |
| BIOM | 250 | Microbiology for Health Sciences | 1 | | |
| BIOM | 251 | Microbiology for Health Sciences Lab | 3 | | |
| BIOM | 400 | Medical Microbiology | 1 | | |
| BIOM | 401 | Medical Microbiology Lab | 3 | | |
| *CHMY | 141 | College Chemistry I | 1 | | |
| *CHMY | 142 | College Chemistry I Lab | 3 | | |

| | | | | | | |
|-------|-----|--|---|--|--|--|
| CHTH | 435 | Human Response to Stress | 3 | | | |
| HTH | 411 | Alcohol, Tobacco and Other Drug Prevention | 3 | | | |
| HTH | 435 | Health and Wellness Across the Lifespan | 3 | | | |
| *PHSX | 205 | College Physics I | 3 | | | |
| *PHSX | 206 | College Physics I Lab | 1 | | | |
| PHSX | 207 | College Physics II | 3 | | | |
| PHSX | 208 | College Physics II Lab | 1 | | | |
| PSYX | 222 | Psychological Statistics | 3 | | | |
| PSYX | 223 | Research Design and Analysis I | 3 | | | |
| PHYS | 224 | Research Design and Analysis I Lab | 1 | | | |
| PSYX | 230 | Developmental Psychology | 3 | | | |
| PSYX | 320 | Research Methods III | 3 | | | |
| PSYX | 321 | Research Methods III Lab | 1 | | | |
| PSYX | 340 | Abnormal Psychology | 3 | | | |
| PSYX | 350 | Physiological Psychology | 3 | | | |
| PSYX | 351 | Physiological Psychology Lab | 1 | | | |
| PSYX | 360 | Social Psychology | 3 | | | |

*May satisfy General Education requirements.

Certain Courses in this program have prerequisites; students should check the course descriptions for required prerequisites.

Electives

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|--|--|--|--|--|
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BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE – HUMAN PERFORMANCE OPTION

| Categories | Credits | Earned | Remaining |
|--------------------------------|----------------|---------------|------------------|
| General Education Requirements | 31 | _____ | _____ |
| Human Performance Major Core | 50 | _____ | _____ |
| Interdisciplinary Core | 9-23 | _____ | _____ |
| Related Electives | 16 | _____ | _____ |
| Electives | V | _____ | _____ |
| Total | 120 | _____ | _____ |

A grade of C- or higher is mandatory in all health and human performance courses satisfying the major requirements.

It is the student’s responsibility to know and meet the requirements for graduation. A minimum of 36 credits must be upper division classes (300 and above).

Notes:

Enrollment in several major courses is dependent upon Admission to the Human Performance program and admission to the program is separate from enrollment at the University. Students are encouraged to explore their interest and skill in lower division courses but must realize that admission to the program, which allows access to several majors courses, is selective. The application process is outlined below and applications are available at www.msubillings.edu/hhp.

1. All applicants must complete a minimum of 23 credits from the General Education requirements, including specific courses, at Montana State University Billings, or at another regionally accredited institution of higher education, earning a minimum grade point average of 3.0. Courses taken on a pass/no pass or credit/noncredit basis will not be used to calculate the GPA requirement. Students should consult with their academic advisor.
2. Each applicant also must complete 18 credits from the approved list of prerequisite courses with a GPA of at least 3.0 (see application for list of courses).
3. Each applicant must receive a letter advocating for his/her admission to the program from (a) a member of the Health and Human Performance Department and (b) a faculty member in the Biological and Physical Sciences Department.
4. Each applicant must submit a letter of application in which he/she provides a statement as to how the program serves his/her personal goals and how he/she intends to contribute to the program. The applicant's faculty advisor must approve this letter.
5. Each application must be approved by the Chairperson of the Department.
6. Applications for admission to the Human Performance Option can be obtained online at www.msubillings.edu/hhp or from the Department of Health and Human Performance Office in the Physical Education Building, Room 120. The application should be submitted to the faculty advisor for review and approval, signed by the advisor and the Department Chairperson. A current **working copy** of the transcript will be attached to the application form in addition to the materials mentioned above.
7. Since admission to the Human Performance Option is selective, applications are to be submitted as soon as the student meets the requirements. Applications are handled on a rolling admissions basis. Students will be notified of the status of their application within 15 working days of submitting the complete application. Enrollment in some majors courses is limited to students admitted to the program.

If application to the Human Performance Option is initially unsuccessful, the student should meet with his/her advisor to address any shortcomings and applicants have the right to appeal the decision to the Human Performance Committee of the Department. The Department Chairperson serves as chair of the appeals committee.

No student will be allowed to register for upper division courses in Health and Human Performance without formal admission to the Human Performance Option.

To graduate with a B.S. in Health and Human Performance, Human Performance option, it is necessary to have a minimum overall GPA of 3.0 in all coursework. Students who do not maintain the 3.0 GPA requirement throughout the program will be counseled by their academic advisor for strategies to meet this requirement or advised to seek a different field of study.

It is the student's responsibility to know and meet the requirements for graduation.