



ADVISING WORKSHEET

**BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE
HEALTH & WELLNESS OPTION
GENERAL BULLETIN 2013-2015 (EFFECTIVE SUMMER 2015)**

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) STAT 216 Recommended B. English (3 credits)					
	WRIT 101				
Category II: Natural Sciences (7 credits) 2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab)					
Category III: Social Sciences and History (6 credits) A. Social Science (3 credits) BGEN 105 – Required Interdisciplinary Core B. History (3 credits)					
Category IV: Cultural Diversity (3 credits) HTH 270 – Major Core Requirement					
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	131	Mathematics for Elementary Teachers II	3
M	143	Finite Mathematics	4
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
WRIT	201	College Writing II	3
WRIT	220	Business & Professional Writing	3
WRIT	221	Intermediate Technical Writing	3

Subcategory C- Communication & Information Literacy 3 credits

COMX	111	Introduction to Public Speaking	3
COMX	115	Introduction to Interpersonal Communication	3
LSCI	125	Research in the Information Age	3
BMIS	150	Computer Literacy	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 SCIN 101, 102, 103 & 104

Subcategory A – Life Sciences 3-4 credits

BIOB	101	Discover Biology	3
BIOB	102	Discover Biology Lab	1
BIOB	160	Principles of Living Systems	3
BIOB	161	Principles of Living Systems 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	112	Introduction to Physical Geography Lab	1
GPHY	111	Introduction to Physical Geography	3
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
PHSX	105	Fundamentals of Phys Sci	3
PHSX	106	Fundamentals of Phys Sci Lab	1

Subcategories A and B – Integrated Sciences 7 credits

SCIN	101, 102, 103 & 104	Integrated Sciences	3, ½, 3, ½
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CATEGORY III: SOCIAL SCIENCES AND HISTORY 6 credits

Students are required to take one course from each subcategory

Subcategory A – Social Sciences 3 credits

ANTY	217	Physical Anthropology & Archeology	3
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
GPHY	141	Geography of World Regions	3
HTH	110	Personal Health and Wellness	3
PSCI	220	Introduction to Comparative Government	3
PSCI	210	Introduction to American Government	3
PSYX	100	Introduction to Psychology	3
PSYX	231	Human Relations	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	101	Western Civilization I	3
HSTR	102	Western Civilization II	3
HSTR	103	Honors Western Civilization I	3
HSTR	104	Honors Western Civilization II	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	Introduction 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
PHL	271	Philosophy & Religion of India	3
PHL	272	Philosophy & Religion of China/Tibet/Japan	3
REHA	201	Introduction to Diversity	3
RLST	170	The Religious Quest	3
A&SC/ SOCI/WS	274	Women, Culture, and Society	3
SPNS	150	The Hispanic Tradition	3

CATEGORY V: ARTS & HUMANITIES 6 credits

Students are required to take one course from each subcategory

Subcategory A – Fine Arts 3 credits

ARTZ	101	Art Fundamentals	3
ARTZ	131	Ceramics for Non-majors	3
ARTZ	105	Visual Language-Drawing	3
FILM	160	Introduction to World Cinema	3
MART	260	Computer Presentation and Animation	3
CRWR	240	Intro Creative Writing Workshop	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
THTR	101	Introduction to Theatre	3
THTR	120	Introduction to Acting I	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	240	The Bible as Literature	3
PHL	110	Introduction to Ethics	3
PHL	111	Philosophies of Life	3

Total 31

Course			Credits	Grade	Semester	Equivalent
<i>A minimum grade of C- or better is required in all major coursework</i>						
Health & Wellness Major Core Required Courses						
ACT	498	Internship	3			
CHTH	250	Introduction to Public Health	3			
CHTH	317	Health Behavior Theories	3			
CHTH	355	Theory and Practice of Community Health Education	3			
CHTH	435	Human Response to Stress	3			
CHTH	450	Worksite Health Promotion	3			
ECP	120	Emergency Medical Responder	3			
HADM	440	Managerial Epidemiology and the Public's Health	3			
HEE	340	Methods of Health Education	3			
KIN	364	Research Methods in Health and Human Performance	3			
*HTH	270	Global Health Issues	3			
KIN	105	Foundations of Exercise Science	3			
KIN	106	Foundations of Exercise Science Lab	1			
KIN	320	Exercise Physiology	3			
KIN	321	Exercise Physiology Lab	1			
KIN	322/ 323	Kinesiology Anatomical Kinesiology Lab	3			
OR			1			
KIN	325/ 328	Biomechanics Kinesiology and Biomechanics Lab				
KIN	415	Advanced Exercise Testing and Prescription	3			
^NUTR	411	Nutrition for Sports and Exercise	3			
#PSYX	222	Psychological Statistics	3			

^Prerequisite NUTR 221.

#Prerequisite STAT 216.

Health and Wellness Electives

Select **at least 17 credits** with advisor assistance. This list is illustrative but not definitive. Students may choose a minor in lieu of electives.

ACT	499	Senior Thesis	3			
CHTH	410	High Level Wellness Through Decision Making	3			
HADM	210	Introduction to the U.S. Healthcare System	3			
HTH	411	Alcohol, Tobacco, and Other Drug Prevention	3			
HTH	425	Health and Sexuality	3			
HTH	435	Health and Wellness Across the Lifespan	3			
PSYX	333	Psychology of Aging	3			
PSYX	370/371	Psychology of Learning w/ Lab	3/1			
SOCI	380	Sociology of Health and Medicine	3			

Required Interdisciplinary Core

*BGEN	105	Introduction to Business	3			
BIOH	301	Human Physiology and Anatomy I	3			
BIOH	302	Human Physiology and Anatomy I Lab	1			
BIOH	311	Human Physiology and Anatomy II	3			
BIOH	312	Human Physiology and Anatomy Lab II	1			
BIOM	250	Microbiology for the Health Sciences	3			
BIOM	251	Microbiology for the Health Sciences Lab	1			
BMKT	325	Principles of Marketing	3			

*May satisfy General Education requirements.

Electives

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE – HEALTH & WELLNESS OPTION

Categories	Credits	Earned	Remaining
General Education Requirements	31	_____	_____
Health & Wellness Requirements	54	_____	_____
Health & Wellness Electives	17	_____	_____
Required Interdisciplinary Core	18	_____	_____
Electives (Variable)	V	_____	_____
Total	120	_____	_____

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).

A grade of C- or higher is mandatory in all health and human performance courses satisfying the major requirements. *Certain courses in this program have prerequisites; students should check the course descriptions for required prerequisites.*

All students desiring admission to the Health & Wellness Option are required to file an application for admission.

1. A minimum cumulative grade point average of 3.0 is required in all courses completed.
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. Applications will be accepted when the student has completed a minimum of 23 credits from the General Education Category requirements 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.
4. Applications for admission to the Health and Wellness Option may 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.
5. 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 major courses is limited to students admitted to the program.
6. No student will be allowed to register for restricted upper division courses in Health and Human Performance without formal admission to the Health and Wellness Program.

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