



## ADVISING WORKSHEET

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE  
 HUMAN PERFORMANCE OPTION  
 General Bulletin 2013-2015 (Effective Summer 2015)

TRANSFER INSTITUTION(S):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Montana State University Billings  
 Advising Center  
 Phone: 406-657-2240  
 Fax: 406-657-2302  
 advising@msubillings.edu  
[www.msubillings.edu/advise/](http://www.msubillings.edu/advise/)

Name \_\_\_\_\_

Student ID # \_\_\_\_\_

**GENERAL EDUCATION REQUIREMENTS – SEE ATTACHED PAGE FOR SPECIFIC COURSES**

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

### 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	Fundamentals of Creative Writing	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>					
<b>Human Performance Major Core</b>					
ECP	120	Emergency Medical Responder	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	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	411	Nutrition for Sports and Exercise	3		
ACT	498	Internship	3		
ACT	499	Senior Thesis	3		

#### Interdisciplinary Core

*BIOB	101	Discover Biology	3		
*BIOB	102	Discover Biology Lab	1		
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 II Lab	1		
^*CHMY	121	Introduction to General Chemistry	3		
^*CHMY	122	Introduction to General Chemistry Lab	1		
*PSYX	100	Intro to Psychology	3		
*STAT	216	Introduction to Statistics	4		

**^ 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 **25** 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		
AHMS	144	Medical Terminology	3		
*CHMY	141/142	College Chemistry I w/ Lab	4		
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		
NUTR	221	Basic Human Nutrition	3		
*PHSX	205/206	College Physics I w/ Lab	4		
PHSX	207/208	College Physics II w/ Lab	4		

PSYX	222	Psychological Statistics	3			
PSYX	223/224	Research Design and Analysis I w/ Lab	4			
PSYX	320/321	Research Methods III w/ Lab	4			
PSYX	350/351	Physiological Psychology w/ Lab	4			
PSYX	360	Social Psychology	3			
PSYC	520	Human Neuropsychology	3			

\*May satisfy General Education requirements.

**Electives**


**BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE – HUMAN PERFORMANCE OPTION**

<b>Categories</b>	<b>Credits</b>	<b>Earned</b>	<b>Remaining</b>
General Education Requirements	31	_____	_____
Human Performance Major Core	41	_____	_____
Interdisciplinary Core	9-23	_____	_____
Related Electives	25	_____	_____
Electives	V	_____	_____
<b>Total</b>	<b>120</b>	_____	_____

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.*

**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 major courses, is selective. The application process is outlined below.

1. A minimum cumulative grade point average of 3.0 is required in all courses completed.
2. All applicants must complete a minimum of 23 credits from the General Education 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.
3. 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).
4. Each applicant must receive a letter advocating for his/her admission to the program from a member of the Health and Human Performance Department.
5. 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.
6. Each application must be approved by the Chairperson of the Department.
7. Applications for admission to the Human Performance Option can be obtained online at [www.msubillings.edu/hhp](http://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.
8. 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 major 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.

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

Revised: 04/11/2014