

# Human Performance

## BACHELOR OF SCIENCE

Though coursework, research, laboratory, and internship experiences, the Human Performance Option prepares students with a thorough understanding of human movement. Students in this option are equally well-prepared for work in professional positions in medical, community, corporate, or school settings such as:

- rehabilitation programs
- fitness centers
- strength and training
- medical sales

Or for graduate study in any of the diverse disciplines that deal with human movement including:

- physical therapy
- occupational therapy
- athletic training
- exercise physiology
- kinesiology
- physician assistant, etc.

Coursework involves study in multiple disciplines and emphasizes the broad scientific basis on which sound clinical insight and understanding are based, while research, laboratory work, and internships provide students with valuable experience applying their understanding of human movement. Students are expected to develop a thorough understanding of human movement across the wide range of its physiological, neuro-

logical, mechanical, and nutritional dimensions, enabling them to serve as effective practitioners in the diverse, expanding and evolving fields related to human movement.

### **Human Performance Required Courses:**

HHP 100 Foundations of Exercise Science  
HHP 212 First Responder Emergency Care  
HHP 300 Motor Learning & Control  
HHP 301 Motor Learning & Control Lab  
HHP 330 Health Behavior Theories  
HHP 364 Research Methods in HHP  
HHP 430 Exercise Physiology  
HHP 431 Exercise Physiology Lab  
HHP 432 Nutrition in HHP  
HHP 445 Exercise Testing & Prescription  
HHP 463 Kinesiology & Biomechanics  
HHP 464 Kinesiology & Biomechanics Lab  
HHP 490 Internship  
HHP 499 Senior Thesis

### **Possible Elective Courses Include:**

BIOL 221 Human Nutrition  
CHMY 141 College Chemistry  
HHP 362 Basic Athletic Training  
HHP 435 Health Aspects of Aging  
HHP 436 Stress Management  
HLTH 150 Health Occupations Terminology  
PHYS 110 College Physics  
PSYX 222 Psychological Statistics  
STAT 216 Introduction to Statistics



Department  
of Health  
and  
Human  
Performance

Physical Education  
Building Room 120  
1500 University Drive  
Billings MT 59101  
Office: 406-657-2370  
Fax: 406-657-2399  
Web:  
[www.msubillings.edu/hhp/](http://www.msubillings.edu/hhp/)

*Access & Excellence*