



Health Promotion

Access & Excellence

Department of Health and Human Performance
(406) 657-2370

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- Bachelor of Science (BS) - Health and Human Performance: Health Promotion Option

Health Promotion may be the right career for you! According to the United States Centers for Disease Control and Prevention, 55 percent of all cases of poor health, and nearly half of all premature deaths in this county are caused by lifestyle related problems. Health promotion professionals motivate and lead other people to develop regular exercise routines, eat nutritious foods, avoid tobacco and other harmful substances, manage stress, achieve healthy weights, and make the most of their social networks.

The Bachelor of Science in Health and Human Performance Health Promotion Option at MSU-Billings will equip you with the skills you need to successfully enter the field of health promotion. At MSU-Billings, you will:

- Develop a strong background in human behavior and behavior modification.
- Learn how to effectively plan, organize, deliver, and evaluate health promotion programs.
- Increase your leadership skills.
- Become familiar with the latest research and developments within the field.
- Have access to local, regional and national internship opportunities.
- Earn a degree that qualifies you for employment opportunities across the nation.

What kind of work can I do with a Bachelor of Science in Health Promotion?

Health promotion graduates will find work in a variety of jobs, including:

- Community Health Educator
- Health Promotion Coordinator
- Health Promotion Consultant
- Health and Fitness Club Director
- Personal Trainer
- Prevention Specialist
- Retirement Community Activity Director
- Sex Educator
- Stress Management Consultant
- Substance Abuse Educator
- Worksite Health Promotion Specialist

Requirements

The Bachelor of Science in Health and Human Performance Health Promotion Option requires 37 credits in general education classes, 32 credits in interdisciplinary core classes, 53 credits in health promotion core classes and nine credits from restricted elective classes. A health promotion internship is also required for graduation.

Health promotion core classes include:

- Healthy Lifestyle Management
- Methods of Health Promotion
- Worksite Health Promotion
- Technological Applications in Health Sciences
- Research in Health Sciences
- Community Health
- Foundations of Health Enhancement
- Current Issues in Health
- Scientific Fundamentals of Movement
- Assessment, Prescription and Evaluation in Health Enhancement
- Drug and Alcohol Education
- High Level Wellness
- Stress Management and Emotional Health
- Organization and Administration in Health Enhancement
- Internship/Practicum

Take courses that will put you in the forefront of your field.

Employers in the field of health promotion say they look for graduates who know how to work effectively with groups and individuals. The Health Promotion Program at MSU-Billings emphasizes course work in human behavior, behavior modification and education methods. Our program also offers you the opportunity to focus your course work in specific areas of interest such as women's health, teens, seniors, workplace wellness, community recreation, or at-risk populations. You can further refine your degree by including course work in marketing and management.

This document does not replace the official University catalog. Please contact your advisor or member of the Department of Health and Human Performance for more information regarding this program. 04/2004

For more information please contact the Department of Health and Human Performance at 657-2370.

Suggested Plan of Study

Students should talk with their faculty advisors prior to registration for classes. It is a good practice to visit with the faculty advisor each semester. The following suggested schedule provides a general overview of courses and work that will enable the student to progress through the degree in an orderly and timely manner.

First Year	F	S
Gen. Ed.	15	15
Total	15	15
Second Year	F	S
Gen. Ed.	10	
Interdisciplinary Core	6	15
Total	16	15
Third Year	F	S
HHP 211	3	
HHP 260	3	
HHP 320		3
HHP 330		3
HHP 335	3	
HHP 340		3
HHP 364		3
HHP 430	3	
Restricted Elective	3	3
Total	15	15
Fourth Year	F	S
HHP 210	2	
HHP 411	3	
HHP 436		3
HHP 433	3	
HHP 450		3
HHP 455	3	
HHP 461		3
HHP 490		6
Restricted Elective	3	
Total	14	15