



## ADVISING WORKSHEET

**BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE  
HEALTH PROMOTION OPTION  
GENERAL BULLETIN 2011-2013**

TRANSFER INSTITUTION(S):

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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> (12 credits) A. Mathematics (3 credits) <i>STAT 216 – Recommended</i>  B. English (6 credits)					
	WRIT 101				
C. Communication and Information Literacy (3 credits)					
<b>Category II: Natural Sciences</b> (7 credits) 2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab)  <i>BIOB 101 – Recommended</i>  <i>CHMY 121/122 – Recommended</i>					
<b>Category III: Social Sciences</b> (6 credits) Courses must be from separate prefixes  <i>PSYX 100 – Recommended</i> <i>HHP 101 – Recommended</i>					
<b>Category IV: History &amp; Cultural Diversity</b> (6 credits) A. History (3 credits)  B. Cultural Diversity (3 credits) <i>HHP 270 – Recommended</i>					
<b>Category V: Arts &amp; Humanities</b> (6 credits) A. Arts (3 credits)  B. Humanities (3 credits)					

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

Students should consult with their advisors to determine if specific courses are necessary in order to satisfy the General Education requirements within this program.

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

Reviewed:

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## GENERAL EDUCATION REQUIREMENTS

### CATEGORY I: GLOBAL ACADEMIC SKILLS 12 credits

Subcategory A - Mathematics			3 credits
M	105	Contemporary Mathematics	3
M	114	Extended Technical Mathematics	3
M	121	College Algebra	3
M	131	Mathematics for Elementary Teachers II	3
M	143	Finite Mathematics	4
M	151	Precalculus	5
M	171	Calculus I	4
STAT	141	Introduction to Statistical Concepts	3
STAT	216	Introduction to Statistics	4

Subcategory B - English			6 credits
WRIT	101	College Writing I	3
WRIT	201	College Writing II	3
WRIT	220	Business & Professional Writing	3
WRIT	121	Introduction to Technical Writing	3
WRIT	122	Introduction to Business Writing	3

Subcategory C - Communication & Information Literacy			3 credits
COMT	130	Introduction to Public Speaking	3
LS	125	Research in the Information Age	3
MIS	150	Information Access and Organization	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			
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			
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			
SCIN	101, 102, 103 & 104	Integrated Sciences	3, ½, 3, ½

### CATEGORY III: SOCIAL SCIENCES 6 credits

*Two courses from separate prefixes*

ANTY	217	Physical Anthropology & Archeology	3
BUS	101	Introduction to Business	3
COMT	109	Human Relations	3
COMT	110	Interpersonal Communication	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
HHP	101	Health Sciences	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

### CATEGORY IV: HISTORY & CULTURAL DIVERSITY 6 credits

Subcategory A - 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

Subcategory B - Cultural Diversity			3 credits
ANTY	220	Culture and Society	3
ARTH	160	Global Visual Culture	3
COMT	160	Introduction to Intercultural Communication	3
GPHY	121	Human Geography	3
HHP	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	274	Women, Culture, and Society	3
SPNS	150	The Hispanic Tradition	3

### CATEGORY V: ARTS & HUMANITIES 6 credits

Subcategory A - Arts			3 credits
ARTZ	101	Art Fundamentals	3
ARTZ	131	Ceramics for Non-majors	3
ARTZ	105	Visual Language-Drawing	3
COMT	155	Global Cinema	3
DSGN	248	Computer Presentation and Animation	3
ENGL	204	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
HON	121	Perspectives and Understanding	3
HON	281	The American Intellectual Heritage (1620-1877)	3
HON	282	The American Intellectual Heritage (1877-Present)	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

Course			Credits	Grade	Semester	Equivalent
<b>Health Promotion Major Core Required Courses</b>						
HHP	210	First Aid and CPR	2			
HHP	211	Community Health	3			
HHP	265	Foundations of Health Promotion	3			
HHP	320	Current Issues in Health	3			
HHP	330	Health Behavior Theories	3			
HHP	335	Methods of Health Promotion	3			
HHP	340	Health Education Strategies	3			
HHP	364	Research Methods in Health and Human Performance	3			
HHP	450	Worksite Health Promotion	3			
HHP	455	Technological Applications in the Health Sciences	3			
HHP	461	Organization and Administration in Health Enhancement	3			
HHP	490	Internship/Practicum	7			

**Health Promotion Content Electives:** Select at least six (6) of the following courses (18 cr.) with assistance from advisor.

HHP	411	Alcohol, Tobacco and Other Drug Prevention	3			
HHP	425	Health and Sexuality	3			
HHP	430	Exercise Physiology	3			
HHP	431	Exercise Physiology Lab	1			
HHP	433	High Level Wellness Through Decision Making	3			
HHP	435	Health Aspects of Aging	3			
HHP	436	Stress Management and Emotional Health	3			
HHP	445	Exercise Testing and Prescription	3			
NUTR	411	Nutrition for Sports and Exercise	3			

**Interdisciplinary Core**

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			

**Restricted Elective Requirements:** Select at least 5 (15 cr.) courses from the following list with assistance from your advisor. It may be possible to substitute additional courses that meet the student's future program with assistance of an advisor. Students may also choose to adopt a minor in lieu of these restricted electives.

*BUS	101	Introduction to Business	3			
EDU	220	Human Growth and Development	3			
EDU	221	Educ Psyc & Measurement	3			
HADM	210	Healthcare Mega Trends	3			
*HHP	270	Global Health Issues	3			
HS	201	Survey of the Human Services	3			
HS	335	Introduction to Counseling	3			
HS	385	Behavioral Pharmacology and Human Services	3			
*NASX	205	Native Americans in Contemporary Society	3			
NUTR	221	Basic Human Nutrition	3			
PHL	326	Death, Dying, and Medical Ethics	3			
*PSYX	231	Human Relations	3			

PSYX	332	Adult Psychology	3			
PSYX	370	Psychology of Learning	3			
PSYX	371	Psychology of Learning Lab	1			
*REHA	201	Introduction to Diversity	3			
SOCI	380	Sociology of Health and Medicine	3			
SOCI	470	Environmental Sociology	3			

\*May satisfy General Education requirements.

**Electives**


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

<b>Categories</b>	<b>Credits</b>	<b>Earned</b>	<b>Remaining</b>
General Education Requirements	37	_____	_____
Health Promotion Major Core	39	_____	_____
Interdisciplinary Core	11	_____	_____
Health Promotion Content Electives	18	_____	_____
Restricted Electives/Minor	15-V	_____	_____
<b>Total</b>	<b>120</b>	_____	_____

**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).**

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

1. A minimum cumulative grade point average of 2.8 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 2.8 (see application for list of courses).
3. Applications will be accepted when the student has completed a minimum of 21 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 2.8. 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 Promotion Option may 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.
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 Promotion Program.

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