Human Performance

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, neurological, 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

**Access & Excellence**

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