



ADVISING WORKSHEET

**BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE
HEALTH & WELLNESS OPTION
GENERAL BULLETIN 2017-2018**

TRANSFER INSTITUTION(S):

Montana State University Billings
Advising and Career Services
Phone: 406-657-2240
Fax: 406-657-2302
advising@msubillings.edu
www.msubillings.edu/advise/

Name _____

Student ID # _____

GENERAL EDUCATION REQUIREMENTS – SEE ATTACHED PAGE FOR SPECIFIC COURSES

General Education Category	Course #	Credits	Grade	Semester	Equivalent
Category I: Global Academic Skills (9 credits) A. Mathematics (3 credits) STAT 141 or 216 Recommended B. English (3 credits)					
Category II: Natural Sciences (7 credits) 2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab)					
Category III: Social Sciences and History (6 credits) A. Social Science (3 credits) BGEN 105 – Required Interdisciplinary Core B. History (3 credits)					
Category IV: Cultural Diversity (3 credits) HTH 270 – Major Core Requirement					
Category V: Arts & Humanities (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
<i>Students are required to take one course from each subcategory</i>			
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	130	Mathematics for Elementary Teachers I	3
M	143	Finite Mathematics	4
M	161	Survey of Calculus	3
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
<i>Students are required to take one course from each subcategory and at least one corresponding lab or Integrated Sciences</i>			
Subcategory A – Life Sciences			3-4 credits
BIOB	101	Discover Biology	3
BIOB	102	Discover Biology Lab	1
BIOB	121	Fundamentals of Biology for Allied Health	3
BIOB	122	Fund of Biology: Evolution, Ecology, and Biodiversity	3
BIOB	123	Fund of Biology: The Nature of Nutrition	3
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	111	Introduction to Physical Geography	3
GPHY	112	Introduction to Physical Geography Lab	1
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 Physical Science	3
PHSX	106	Fundamentals of Physical Science Lab	1
Integrated Sciences			
SCIN	101, 102, 103, 104	Integrated Sciences	3, 1, 3, 1

CATEGORY III: SOCIAL SCIENCES AND HISTORY			6 CREDITS
<i>Students are required to take one course from each subcategory</i>			
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	Indian Philosophies and Religions	3
PHL	272	Chinese Philosophies and Religions	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
<i>Students are required to take one course from each subcategory</i>			
Subcategory A – Fine Arts			3 credits
ARTZ	101	Art Fundamentals	3
ARTZ	105	Visual Language-Drawing	3
ARTZ	131	Ceramics for Non-majors	3
CRWR	240	Intro Creative Writing Workshop	3
FILM	160	Introduction to World Cinema	3
LIT	270	Film & Literature	3
MART	260	Computer Presentation and Animation	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
PHOT	154	Exploring Digital Photography	3
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
PHL	254	People and Politics	3

Course			Credits	Grade	Semester	Equivalent
<i>A minimum grade of C- or better is required in all major coursework</i>						
Health & Wellness Requirements						
ACT	498	Internship	3			
CHTH	250	Introduction to Public Health	3			
CHTH	317	Health Behavior Theories	3			
CHTH	355	Theory and Practice of Community Health Education	3			
CHTH	435	Human Response to Stress	3			
CHTH	450	Worksite Health Promotion	3			
ECP	120	Emergency Medical Responder	3			
+HADM	440	Managerial Epidemiology and the Public's Health	3			
HEE	340	Methods of Health Education	3			
KIN	364	Research Methods in Health and Human Performance	3			
*HTH	270	Global Health Issues	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/ 323	Kinesiology Anatomical Kinesiology Lab	3			
OR KIN	325/ 328	Biomechanics Kinesiology and Biomechanics Lab	1			
KIN	415	Advanced Exercise Testing and Prescription	3			
^NUTR	411	Nutrition for Sports and Exercise	3			
#PSYX	222	Psychological Statistics	3			

^Prerequisite of NUTR 221.

#Prerequisites of PSYX 100 and STAT 141 (216).

+Prerequisite of HADM 210.

Health and Wellness Electives

Select **at least 17 credits** with advisor assistance. This list is illustrative but not definitive. Students may choose a minor in lieu of electives.

ACT	499	Senior Thesis	3			
CHTH	410	High Level Wellness Through Decision Making	3			
HADM	210	Introduction to the U.S. Healthcare System	3			
HTH	411	Alcohol, Tobacco, and Other Drug Prevention	3			
HTH	425	Health and Sexuality	3			
HTH	435	Health and Wellness Across the Lifespan	3			
PSYX	333	Psychology of Aging	3			
PSYX	370/371	Psychology of Learning w/ Lab	3/1			
SOCI	380	Sociology of Health and Medicine	3			

Required Interdisciplinary Core

*BGEN	105	Introduction to Business	3			
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			
BIOM	251	Microbiology for the Health Sciences Lab	1			
BMKT	325	Principles of Marketing	3			

*May satisfy General Education requirements.

