



# ADVISING WORKSHEET

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE  
 HUMAN PERFORMANCE OPTION  
 General Bulletin 2017-2018

TRANSFER INSTITUTION(S):

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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> (9 credits)<br>A. Mathematics (3 credits)<br><i>STAT 216 – Interdisciplinary Core Requirement</i><br>B. English (3 credits)<br><br>C. Communication & Information Literacy (3 credits)                                     |          |         |       |          |            |
|  |          |         |       |          |            |
|  |          |         |       |          |            |
| <b>Category II: Natural Sciences</b> (7 credits)<br>2 lectures (6 credits) & 1 lab (1 credit)<br>(1 life science & 1 physical science & 1 lab)<br><i>BIOB 101/102 – Interdisciplinary Core Requirement</i><br><i>CHMY 121/122 Interdisciplinary Core Requirement</i> |          |         |       |          |            |
|  |          |         |       |          |            |
|  |          |         |       |          |            |
| <b>Category III: Social Sciences and History</b> (6 credits)<br>A. Social Science (3 credits)<br><i>PSYX 100 – Interdisciplinary Core Requirement</i><br>B. History (3 credits)  |          |         |       |          |            |
|  |          |         |       |          |            |
| <b>Category IV: Cultural Diversity</b> (3 credits)   |          |         |       |          |            |
| <b>Category V: Arts &amp; Humanities</b> (6 credits)<br>A. Fine Arts (3 credits)<br><br>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:

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 \_\_\_\_\_

# GENERAL EDUCATION REQUIREMENTS

## CATEGORY I: GLOBAL ACADEMIC SKILLS 9 credits

*Students are required to take one course from each subcategory*

### 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

*Students are required to take one course from each subcategory and at least one corresponding lab or Integrated Sciences*

### 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

*Students are required to take one course from each subcategory*

### 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

*Students are required to take one course from each subcategory*

### 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> |     |  |       |          |            |
| <b>Human Performance Major Core</b>  |     |  |       |          |            |
| ECP  | 120 | Emergency Medical Responder                      | 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 | Kinesiology                                      | 3     |          |            |
| KIN  | 323 | Anatomical Kinesiology Lab                       | 1     |          |            |
| KIN  | 325 | Biomechanics                                     | 3     |          |            |
| KIN  | 328 | Kinesiology and Biomechanics Lab                 | 1     |          |            |
| KIN  | 330 | Motor Learning and Control                       | 3     |          |            |
| KIN  | 331 | Motor Learning and Control Lab                   | 1     |          |            |
| KIN  | 364 | Research Methods in Health and Human Performance | 3     |          |            |
| KIN  | 415 | Advanced Exercise Testing and Prescription       | 3     |          |            |
| KIN  | 462 | Evidence Based Assessment and Treatment          | 3     |          |            |
| ^NUTR  | 411 | Nutrition for Sports and Exercise                | 3     |          |            |
| ACT  | 498 | Internship                                       | 3     |          |            |
| ACT  | 499 | Senior Thesis                                    | 3     |          |            |

^Prerequisite of NUTR 221.

#### Interdisciplinary Core

|        |     |                                       |   |  |  |
|--------|-----|---------------------------------------|---|--|--|
| *BIOB  | 101 | Discover Biology                      | 3 |  |  |
| *BIOB  | 102 | Discover Biology Lab                  | 1 |  |  |
| 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 II Lab   | 1 |  |  |
| ^*CHMY | 121 | Introduction to General Chemistry     | 3 |  |  |
| ^*CHMY | 122 | Introduction to General Chemistry Lab | 1 |  |  |
| *PSYX  | 100 | Intro to Psychology                   | 3 |  |  |
| *STAT  | 216 | Introduction to Statistics            | 4 |  |  |

**^ Students who intend to pursue a Physical Therapy program should take CHMY 141 College Chemistry I and CHMY 142 College Chemistry I Lab as a substitution for CHMY 121 and 122 in the Interdisciplinary Core. If CHMY 121/122 are already completed, students may take CHMY 141/142 as a Related Elective.**

#### Related Electives

Select 25 credits in consultation with an advisor. The following list is illustrative and not limiting. Students may structure electives to earn a minor.

|       |         |  |   |  |  |
|-------|---------|--|---|--|--|
| AHAT  | 210     | Prevention and Care of Athletic Injuries   | 3 |  |  |
| AHMS  | 144     | Medical Terminology                        | 3 |  |  |
| *CHMY | 141/142 | College Chemistry I w/ Lab                 | 4 |  |  |
| CHTH  | 435     | Human Response to Stress                   | 3 |  |  |
| HTH   | 411     | Alcohol, Tobacco and Other Drug Prevention | 3 |  |  |
| HTH   | 435     | Health and Wellness Across the Lifespan    | 3 |  |  |
| NUTR  | 221     | Basic Human Nutrition                      | 3 |  |  |
| *PHSX | 205/206 | College Physics I w/ Lab                   | 4 |  |  |
| PHSX  | 207/208 | College Physics II w/ Lab                  | 4 |  |  |
| PSYX  | 222     | Psychological Statistics                   | 3 |  |  |

|      |         |                                       |   |  |  |  |
|------|---------|---------------------------------------|---|--|--|--|
| PSYX | 223/224 | Research Design and Analysis I w/ Lab | 4 |  |  |  |
| PSYX | 320/321 | Research Methods III w/ Lab           | 4 |  |  |  |
| PSYX | 350/351 | Physiological Psychology w/ Lab       | 4 |  |  |  |
| PSYX | 360     | Social Psychology                     | 3 |  |  |  |
| PSYC | 520     | Human Neuropsychology                 | 3 |  |  |  |
|      |         |                                       |   |  |  |  |
|      |         |                                       |   |  |  |  |
|      |         |                                       |   |  |  |  |

\*May satisfy General Education requirements.

**Electives**

|  |  |  |  |  |  |
|--|--|--|--|--|--|
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**BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE – HUMAN PERFORMANCE OPTION**

| <b>Categories</b>              | <b>Credits</b> | <b>Earned</b> | <b>Remaining</b> |
|--------------------------------|----------------|---------------|------------------|
| General Education Requirements | 31             | _____         | _____            |
| Human Performance Major Core   | 41             | _____         | _____            |
| Interdisciplinary Core         | 9-23           | _____         | _____            |
| Related Electives              | 25             | _____         | _____            |
| Electives                      | V              | _____         | _____            |
| <b>Total</b>                   | <b>120</b>     | _____         | _____            |

A grade of C- or higher is mandatory in all health and human performance courses satisfying the major requirements. *Certain Courses in this program have prerequisites; students should check the course descriptions for required prerequisites.*

**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).**

Notes:

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Enrollment in several major courses is dependent upon Admission to the Human Performance program and admission to the program is separate from enrollment at the University. Students are encouraged to explore their interest and skill in lower division courses but must realize that admission to the program, which allows access to several majors courses, is selective. The application process is outlined below and applications are available at [www.msubillings.edu/hhp](http://www.msubillings.edu/hhp).

1. All applicants must complete a minimum of 23 credits from the General Education requirements, including specific courses, at Montana State University Billings, or at another regionally accredited institution of higher education, earning a minimum grade point average of 3.0. 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.
2. Each applicant also must complete 18 credits from the approved list of prerequisite courses with a GPA of at least 3.0 (see application for list of courses).
3. Each applicant must receive a letter advocating for his/her admission to the program from (a) a member of the Health and Human Performance Department and (b) a faculty member in the Biological and Physical Sciences Department.
4. Each applicant must submit a letter of application in which he/she provides a statement as to how the program serves his/her personal goals and how he/she intends to contribute to the program. The applicant's faculty advisor must approve this letter.
5. Each application must be approved by the Chairperson of the Department.
6. Applications for admission to the Human Performance Option can 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 in addition to the materials mentioned above.
7. Since admission to the Human Performance Option is selective, applications are to be submitted as soon as the student meets the requirements. 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 majors courses is limited to students admitted to the program.

If application to the Human Performance Option is initially unsuccessful, the student should meet with his/her advisor to address any shortcomings and applicants have the right to appeal the decision to the Human Performance Committee of the Department. The Department Chairperson serves as chair of the appeals committee.

No student will be allowed to register for upper division courses in Health and Human Performance without formal admission to the Human Performance Option.

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