

ADVISING WORKSHEET

TRANSFER INSTITUTION(S):

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE HEALTH & WELLNESS OPTION GENERAL BULLETIN 2022-2023

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 216-Major Requirement	STAT 216				
B. English (3 credits) WRIT 101-Major Requirement	WRIT 101				
C. Communication & Information Literacy (3 credits) <i>COMX 111-Major Requirement</i>	COMX 111				
Category II: Natural Sciences (7 credits)	BIOB 121				
2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab)	or BIOB 101				
	CHMY 121				
	CHMY 122				
Category III: Social Sciences and History (6 credits) A. Social Science (3 credits) BGEN 105-Major Requirement	BGEN 105				
B. History (3 credits)					
Category IV: Cultural Diversity (3 credits) HTH 270-Major Requirement	HTH 270				
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

CATEGO	ORY I:	GLOBAL ACADEMIC SKILLS 9 cred	its
		equired to take one course from each subcategory	
		- Mathematics 3 cred	
М	105	Contemporary Mathematics	3
М	114	Extended Technical Mathematics	3
М	121	College Algebra	
М	122	College Trigonometry	3 3 3 3
М	130	Mathematics for Elementary Teachers I	3
М	140	College Math for Healthcare	3
М	143	Finite Mathematics	4
М	161	Survey of Calculus	3
М	171	Calculus I	4
STAT	141	Introduction to Statistical Concepts	3
STAT	216	Introduction to Statistics	4
Cubaata		3 - English 3 cred	: 4a
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<i>WRIT</i> WRIT	<i>101</i> 121	College Writing I	3 3
WRIT	121	Introduction to Technical Writing Introduction to Business Writing	3 3
VV K I I	122	muoducuon to business writing	3
Subcate	egory (C- Communication & Information Literacy 3 cre	dit
BMIS	150	Cyber Security and Electronic Communication	3
COMX	111	Introduction to Public Speaking	3
COMX	115	Introduction to Interpersonal Communication	3
COMX	210	Communication in Small Groups	3
HONR	205	Honors Inquiry and Research	3
			0
LSCI 1	25	Research in the Information Age	3
	25	Research in the Information Age	
	25 DRY II:	Research in the Information Age NATURAL SCIENCES 6 cr. lecture & 1 cr. l	ab
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			EDITS
		uired to take one course from each subcatego	
		- Social Sciences 3 cre	
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
HTH	110	Personal Health and Wellness	3
PSCI	210	Introduction to American Government	3
PSCI	220	Introduction to Comparative Government	3 3
PSYX SOCI	100	Introduction to Psychology	3
SOCI	101 201	Introduction to Sociology Social Problems	3
3001	201	Social Floblenis	5
Subcateg	orv B -	- History 3 ci	edits
HSTA	101	American History I	3
HSTA	102	American History II	3
HSTR	159	World History to 1500 CE	3
HSTR	160	Modern World History	3
PSCI	230	Introduction to International Relations	3
CATEGO	RY IV:	CULTURAL DIVERSITY 3 c	redits
ANTY	220	Culture and Society	3
ARTH	160	Global Visual Culture	3
COMX	212	Intro 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 Socie	ty 3
REHA	201	Introduction to Diversity in Counseling	3
RLST	170	The Religious Quest	
	170		3
SPNS	150	The Hispanic Tradition	3
SPNS WGSS			3 3 3
WGSS	150 274	The Hispanic Tradition Women, Culture, and Society	3 3
WGSS CATEGO	150 274 RY V: 4	The Hispanic Tradition Women, Culture, and Society ARTS & HUMANITIES 6 cm	3 3 redits
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		Course	Credits	Grade	Semester	Equivalent
A minimum grade of C- or better is required in all major coursework						
Health & W	Vellness Re 498	quirements		T T		
	., .	Internship	3			
BMKT	325	Principles of Marketing	3			
CHTH	250	Introduction to Public Health	3			
CHTH	317	Health Behavior Theories	3			
CHTH	355	Theory and Practice of Community Health Ed	3			
CHTH	450	Worksite Health Promotion	3			
COMX	480	Health Communication	3			
ECP	120	Emergency First Responder	3			
HADM	305	Survey of the US Healthcare System	3			
HADM	440	Managerial Epidemiology and the Public's Health	3			
HEE	310	Methods of Adapted Health Enhancement	3			
HEE	340	Methods of Health Ed	3			
*HTH	110	Personal Health and Wellness	3			
HTH	435	Health and Wellness Across the Lifespan	3			
KIN	105	Foundations of Exercise Science	3			
KIN	106	Foundations of Exercise Science Lab	1			
KIN	210	Principles of Strength and Conditioning	3			
KIN	320	Exercise Physiology	3			
KIN	321	Exercise Physiology Lab	1			
KIN	322	Kinesiology	3			
KIN	323	Anatomical Kinesiology Lab	1			
KIN	364	Research Methods in HHP	3			
KIN	415	Advanced Test and Prescription	3			
NUTR	221	General Nutrition	3			
NUTR	411	Nutrition for Sport and Exercise	3			

Health and Wellness Electives

Select **8 credits** with advisor assistance. This list is illustrative but not definitive. Students may choose a minor in lieu of electives.

ACT or REC		Various Activity Courses	v		
ACT	499	Senior Thesis/Capstone	3		
AHMS	144	Medical Terminology	3		
CHTH	435	Human Response to Stress	3		
COMX	426	Leadership and Communication	3		
HADM	307	Health Informatics	3		
HHP	499	Senior Thesis	3		
HTH	411	Alcohol, Tobacco, and Other Drug Prevention	3		
SOCI	380	Sociology of Health and Medicine	3		

Required 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 Health Sciences	3		
BIOM	251	Microbiology for Health Sciences Lab	1		

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE - HEALTH & WELLNESS OPTION

Categories	Credits	Earned	Remaining
General Education Requirements	32		
Health & Wellness Requirements	68		
Health & Wellness Electives	8		
Required Interdisciplinary Core	12		
Electives (Variable)	V		
Total	120		

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).

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.

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

- 1. 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).
- 2. Applications will be accepted when the student has completed a minimum of 23 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 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.
- 3. Applications for admission to the Health and Wellness Option may be obtained online at <u>www.msubillings.edu/hhp</u> 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.
- 4. 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.
- 5. No student will be allowed to register for restricted upper division courses in Health and Human Performance without formal admission to the Health and Wellness Program.