Bachelor of Science Degree: Health and Human Performance Health and Wellness Option
General Bulletin 2026-2027

Name: _____

Student ID: _____

General Education Requirements – see attached page for specific courses

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.

Category I: Global Academic Skills (10 credits)

Gen Ed Category	Course	Credits	Grade	Semester	Equivalent
Mathematics (3 credits)	STAT 216				
English (3 credits)	WRIT 101				
Communication & Information Literacy (3 credits)	COMX 111				
Skills for College Success (1 credit)	COLS 108				

NOTE: Skills for College Success Course: in addition to the MUS Transfer Policies (see MUS Core Curriculum), transfer and re-admit students who transfer in 30 or more credits are not required to meet this category.

Category II: Natural Sciences (6 credits)

Gen Ed Category	Course	Credits	Grade	Semester	Equivalent
Life Sciences (3 credits)	BIOB 101 or BIOB 121				
Physical Sciences (3 credits)	CHMY 121				

NOTE: Some majors are required to take specific science labs as part of their requirements. Please speak with an advisor for more information

Category III: Social Sciences and History (6 credits)

Gen Ed Category	Course	Credits	Grade	Semester	Equivalent
Social Science (3 credits) PSYX 100 – *Recommended*					
History (3 credits)					

Category IV: Cultural Diversity (3 credits)

Gen Ed Category	Course	Credits	Grade	Semester	Equivalent
Cultural Diversity (3 credits) HTH 270 – *Recommended*					

Category V: Arts & Humanities (6 credits)

Gen Ed Category	Course	Credits	Grade	Semester	Equivalent
Fine Arts (3 credits)					
Humanities (3 credits)					

General Education Requirements

Category I: Global Academic Skills (10 credits)

Subcategory A – Mathematics (3 credits)

Subject	Number	Course Title	Credits
M	105	Contemporary Math	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	140	College Math for Health Care	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)

Subject	Number	Course Title	Credits
WRIT	101	College Writing I	3
WRIT	121	Introduction to Technical Writing	3
WRIT	122	Introduction to Business Writing	3

Subcategory C – Communication and Information Literacy (3 credits)

Subject	Number	Course Title	Credits
BMIS	150	Cyber Security & Electronic Communication	3
COMX	111	Introduction to Public Speaking	3
COMX	115	Intro to Interpersonal Communication	3
COMX	210	Communication in Small Groups	3
LSCI	125	Research in the Information Age	3

Subcategory D – Skills for College Success (1 credit)

Subject	Number	Course Title	Credits
COLS	108	Skills for College Success	1

Category II: Natural Sciences (6 credits)

Subcategory A – Life Science (3 credits)

Subject	Number	Course Title	Credits
BIOB	101	Discover Biology	3
BIOB	102	Discover Biology Laboratory	1
BIOB	120	Fundamentals of Biology Plants and People	3
BIOB	121	Fundamentals of Biology for Allied Health	3
BIOB	123	Fundamentals of Biology Nature of Nutrition	3
BIOB	160	Principles of Living Systems	3
BIOB	161	Principles of Living Systems Laboratory	1
SCIN	101	Integrated Sciences I	4

Subcategory B – Physical Science (3 credits)

Subject	Number	Course Title	Credits
ASTR	110	Introduction to Astronomy	3
ASTR	111	Introduction to Astronomy Laboratory	1
CHMY	121	Introduction to General Chemistry	3
CHMY	122	Introduction to General Chemistry Lab	1
CHMY	141	College Chemistry I	4
CHMY	142	College Chemistry II Laboratory	1
GEO	101	Introduction to Physical Geology	3
GEO	102	Introduction to Physical Geology Laboratory	1
GEO	112	Montana Geology	3
GPHY	262	Spatial Sciences Technology & Applications	3
GPHY	263	Spatial Sciences Tech & Applications Lab	3
PHSX	103	Our Physical World	3
PHSX	104	Our Physical World Laboratory	1
PHSX	205	College Physics I	3
PHSX	206	College Physics I Laboratory	1
SCIN	103	Integrated Sciences II	4

BIOB 101, BIOB 102, BIOB 120, BIOB 161, ASTR 111, CHMY 122, CHMY 142, GEO 102, GPHY 263, PHSX 103, PHSX 104, PHSX 206, SCIN 101, and SCIN 103 include a lab experience. Elementary Education majors can satisfy Natural Sciences by taking SCIN 101 and SCIN 103.

Category III: Social Sciences and History (6 credits)

Subcategory A – Social Sciences (3 credits)

Subject	Number	Course Title	Credits
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
PSYX	100	Introduction to Psychology	3
SOCI	101	Introduction to Sociology	3
SOCI	201	Social Problems	3

Subcategory B – History

Subject	Number	Course Title	Credits
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

Category IV: Cultural Diversity (3 credits)

Subject	Number	Course Title	Credits
ANTY	220	Cultural 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	Intro to Native American Studies	3
NASX	205	Native Americans in Contemporary Society	3
REHA	201	Intro to Diversity in Counseling	3
RLST	170	The Religious Quest	3
SPNS	150	The Hispanic Tradition	3
WGSS	274	Women, Culture, and Society	3

Category V: Arts and Humanities (6 credits)

Subcategory A – Fine Arts (3 credits)

Subject	Number	Course Title	Credits
ARTZ	105	Visual Language-Drawing	3
ARTZ	106	Visual Language-2-D Foundations	3
ARTZ	108	Visual Language-3-D Foundations	3
ARTZ	131	Ceramics for Non-Majors	3
CRWR	240	Intro to Creative Writing Workshop	3
FILM	160	Intro to World Cinema	3
LIT	270	Film and 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
PHOT	154	Exploring Digital Photography	3
THTR	101	Introduction to Theater	3

Subcategory B – Humanities (3 credits)

Subject	Number	Course Title	Credits
ARTH	150	Introduction to Art History	3
HONR	111	Perspectives & Understanding	3
LIT	110	Introduction to Literature	3
LIT	213	Montana Literature	3
PHL	110	Introduction to Ethics	3
PHL	111	Philosophies of Life	3
PHL	254	People and Politics	3

Major Requirements

A minimum grade of C- or better is required in all major coursework

Health and Wellness Requirements

Course Subject	Course Number	Course Title	Credits	Grade	Semester	Equivalent
ACT	498	Internship	3			
BIOH	301	Human Anatomy and Physiology I	3			
BIOH	302	Human Anatomy and Physiology I Laboratory	1			
BIOH	311	Human Anatomy and Physiology II	3			
BIOH	312	Human Anatomy and Physiology II Laboratory	1			
BMKT	325	Principles of Marketing	3			
CHTH	250	Introduction to Public Health	3			
CHTH	317	Health Behavior Theories	3			
CHTH	435	Human Response to Stress	3			
COMX	341	Public Advocacy	3			
COMX	426	Leadership and Communication	3			
COMX	480	Health Communication	3			
HEE	310	Methods of Adapted Health Enhancement	3			
HEE	340	Methods of Health Education	3			
HTH	110	Personal Health and Wellness	3			
HTH	411	Alcohol, Tobacco, and Drug Prevention	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	330	Motor Learning and Control	3			
KIN	331	Motor Learning and Control Lab	1			
KIN	364	Research Methods in HHP	3			
NUTR	221	Basic Human Nutrition	3			
NUTR	411	Nutrition for Sport and Exercise	3			

Health and Wellness Electives

Select 21 credits with advisor assistance. Recommended courses include:

Course Subject	Course Number	Course Title	Credits	Grade	Semester	Equivalent
ACT	499	Senior Thesis/Capstone	V			
AHAT	210	Prevention and Care of Athletic Injuries	3			
AHMS	144	Medical Terminology	3			
BGEN	105B	Introduction to Business	3			
BMKT	325	Principles of Marketing	3			
COA	205	Introduction to Coaching	3			
COA	409	Psychology of Coaching	3			
ECP	120	Emergency Medical Responder	3			
HADM	305	Survey of US Healthcare System	3			
HADM	307	Health Informatics	3			
HADM	440	Management Epidemiology and Public Health	3			
HEE	306	Methods of Conditioning Activity	3			
KIN	322	Kinesiology	3			
KIN	323	Anatomical Kinesiology Laboratory	1			
KIN	415	Advanced Exercise Testing and Prescription	3			
REC	V	Any REC Course	1-2			
SOCI	380	Sociology of Health and Medicine	3			

Select Any ACT or REC Course

Course Subject	Course Number	Course Title	Credits	Grade	Semester	Equivalent
ACT or REC	V		1-2			

Bachelor of Science Degree Health and Human Performance Health and Wellness Option

Categories	Credits	Earned	Remaining
General Education	31		
Health and Wellness Requirements	68		
Health and Wellness Electives	21		
Total	120		

Certain courses in this program have prerequisites; students should check course descriptions for required pre-requisites.

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).

Montana State University Billings

Advising Center

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All students desiring admission to the Health and 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. Application 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 GPA of 3.0. Course taken on a pass/no pass or credit/noncredit will not be used to calculate GPA requirement. Students should consult with their academic advisor.
3. Applications for admission to the Health and Wellness Option may be obtained online at 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.
4. Applications are handled on a rolling admission basis. Students will be notified of the status of their application within 15 working days of submitting the completed 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.