ADVISING WORKSHEET

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE
HUMAN PERFORMANCE OPTION
General Bulletin 2025-2026

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
Category I: Global Academic Skills (10 credits) A. Mathematics (3 credits) *STAT 216 – Major requirement*					
B. English (3 credits)					
C. Communication & Information Literacy (3 credits)					
D. Skills for College Success [1] (1 credit)	COLS 108				
Category II: Natural Sciences [2] (6 credits) A. Life Sciences (3 credits) *BIOB 101/102 – Major requirement*					
B. Physical Sciences (3 credits) *CHMY 121/122 – Major requirement*					
Category III: Social Sciences and History (6 credits) A. Social Science (3 credits) *PSYX 100 – Major requirement*					
B. History (3 credits)					
Category IV: Cultural Diversity (3 credits)					
Category V: Arts & Humanities (6 credits) A. Fine Arts (3 credits)					
B. Humanities (3 credits)					

[1] In addition to the MUS Transfer Policies (see MUS Core Curriculum (https://catalog.msubillings.edu/undergraduate/admissions-registration/registrars-office/), transfer and re-admit students who transfer in 30 or more credits are not required to meet this category.
[2] Some majors are required to take specific science labs as part of their requirements. Please speak with an advisor for more information.

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 — 10 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	140	College Math for Healthcare	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

Subcategory C- Communication & Information Literacy — 3 credits

BMIS	150	Cyber Security and Electronic Communication	3
COMX	111	Introduction to Public Speaking	3
COMX	115	Introduction to Interpersonal Communication	3
COMX	120	Communication in Small Groups	3
HONR	205	Honors Inquiry and Research	3
LSCI	125	Research in the Information Age	3

Subcategory D – Skills for College Success [1] — 1 credit

COLS	108	The College Experience	

CATEGORY II: NATURAL SCIENCES — 6 credits

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

Subcategory A – Life Sciences — 3 credits

BIOB	101	Discover Biology [3]	3
BIOB	102	Discover Biology Lab [3]	1
BIOB	120	Fundamentals of Biology Plants and People [3]	3
BIOB	121	Fundamentals of Biology for Allied Health	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 [3]	1
SCIN	101	Integrated Science I [3^]	4

Subcategory B – Physical Sciences — 3 credits

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

CATEGORY III: SOCIAL SCIENCES AND HISTORY — 6 credits

Students are required to take one course from each subcategory

Subcategory A – Social Sciences — 3 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 — 3 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

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 Society	3
REHA	201	Introduction 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 & HUMANITIES — 6 credits

Students are required to take one course from each subcategory

Subcategory A – Fine Arts — 3 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 Creative Writing Workshop	3
FILM	160	Introduction to World Cinema	3
LIT	270	Film & 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 Theatre	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	213	Montana Literature	3
PHL	110	Introduction to Ethics	3
PHL	111	Philosophies of Life	3
PHL	254	People and Politics	3

[1] In addition to the MUS Transfer Policies (see MUS Core Curriculum (https://catalog.msubillings.edu/undergraduate/admissions-registration/registrars-office/), transfer and re-admit students who transfer in 30 or more credits are not required to meet this category.

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

[3] Course includes lab exercises.

[^] Elementary Education majors can satisfy Natural Sciences by taking SCIN 101 and SCIN 103.

		Course	Credits	Grade	Semester	Equivalent
		A minimum grade of C- or better is required in all major coursework				
Human Performance Major Core						
ACT	498	Internship	3			
ACT	499	Senior Thesis	3			
AHMS	144	Medical Terminology	3			
ECP	120	Emergency Medical Responder	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	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	221	Basic Human Nutrition	3			
^NUTR	411	Nutrition for Sports and Exercise	3			

Interdisciplinary Core

*BIOB or *BIOB	101 121	Discover Biology Fundamentals of Biology for Allied Health	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 **16** 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			
BIOM	250	Microbiology for Health Sciences	3			
BIOM	251	Microbiology for Health Sciences Lab	1			
BIOM	400	Medical Microbiology	3			
BIOM	401	Medical Microbiology Lab	1			
*CHMY	141	College Chemistry I	3			
*CHMY	142	College Chemistry I Lab	1			
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			
*PHSX	205	College Physics I	3			
*PHSX	206	College Physics I Lab	1			
PHSX	207	College Physics II	3			
PHSX	208	College Physics II Lab	1			
PSYX	222	Psychological Statistics	3			
PSYX	225	Research Design and Analysis I	3			
PHYS	226	Research Design and Analysis I Lab	1			
PSYX	230	Developmental Psychology	3			
PSYX	320	Advanced Psychological Research Methods	3			
PSYX	321	Advanced Psychological Research Methods Lab	1			
PSYX	340	Abnormal Psychology	3			
PSYX	350	Physiological Psychology	3			
PSYX	351	Physiological Psychology Lab	1			
PSYX	360	Social Psychology	3			

*May satisfy General Education requirements.

Certain Courses in this program have prerequisites; students should check the course descriptions for required prerequisites.

Electives

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE – HUMAN PERFORMANCE OPTION

Categories	Credits	Earned	Remaining
General Education Requirements	31	_____	_____
Human Performance Major Core	50	_____	_____
Interdisciplinary Core	9-23	_____	_____
Related Electives	16	_____	_____
Electives	V	_____	_____
Total	120	_____	_____

A grade of C- or higher is mandatory in all health and human performance courses satisfying the major requirements.

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:

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.

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 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.

To graduate with a B.S. in Health and Human Performance, Human Performance option, it is necessary to have a minimum overall GPA of 3.0 in all coursework. Students who do not maintain the 3.0 GPA requirement throughout the program will be counseled by their academic advisor for strategies to meet this requirement or advised to seek a different field of study.

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