

THE DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

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Mission

The Department of Health and Human Performance through excellent instruction, innovative research, and community outreach to the local and global community is dedicated to preparing exemplary professionals who promote health and human performance.

Graduate Degree Programs

Master of Science in Athletic Training Admission Requirements

This degree is clinical degree program. The graduate program in Athletic Training is designed to prepare students to become entry level athletic training professionals and it prepares students for the Board of Certification (BOC) exam. The curriculum is based upon cognitive and psychomotor learning experiences. In order to become eligible to sit for the BOC examination, students within this degree must successfully complete all of the coursework within the professional area, successfully complete and pass all NATA competencies, and complete clinical education experience each semester over the course of the two year (including summers) program. Each new ATP cohort begins in June.

The program will review application as they are received. Applications must be received no later than May 25th to be considered to start summer courses in June. Applications, transcripts, overall GPA, GPA in prerequisite courses, GRE scores, and an electronic audio and video interview will be used in the evaluation process.

Notification of Program Admittance

The applicant for the Master of Science in Athletic Training will receive a letter from the Director of Graduate Studies indicating the status of admittance no later than 30 days after the application deadline.

Minimum Undergraduate GPA: If a student has below a 3.0 (on a 4 point scale), that student may be admitted provisionally to the program; however, the student must complete 12 semester hours with a 3.0 or better in order to obtain full admittance into the ATP.

International students: Either TOEFL or IELTS required.

Master of Science Interdisciplinary Studies Exercise and Sport Leadership Option Admission Requirements

The Department of Health and Human Performance requires the following minimum requirements in determining program admission to graduate degree programs.

1. Undergraduate grade point average (GPA) of 3.0 (on a 4 point scale).
2. Graduate Record Examination (GRE) or other graduate entrance examination.
3. One official transcript from each college and/or university attended.
4. Complete Montana State University Billings Graduate Studies application (www.msubillings.edu/grad/admission.htm)

Transfer Credit

A maximum of twelve (12) graduate credits may be accepted for transfer from approved accredited educational institutions. Copies of official transcripts must be sent directly from the registrar to the Office of Graduate Studies. No course credit may be transferred unless the grade received was at least a "B." Transfer credits

will be evaluated by the faculty, the program director, and the Health and Human Performance Department. Copies of syllabi from transfer courses may be required to accurately judge the equivalency of courses.

DegreeWorks Program of Study

Once admitted to one of the above programs, students meet with their advisor during the first semester of coursework and develop a DegreeWorks program of study that reflects their area of professional interest.

Research Project or Thesis

Students must complete a research project or a thesis. Though both involve personal research that includes development of a research question, formulation of appropriate inquiry methods, data collection, analysis, interpretation, and communication skills, a thesis differs from a research project by having greater scope and greater potential contribution to the larger profession beyond personal interest.

Students should consult with the faculty prior to deciding between the research project or thesis.

Research Project/Thesis and Defense

The student will meet with an advisor to explore a master's thesis topic and design a suitable project. A formal proposal, the format of which is to be determined by the advisor, will be written and presented before the graduate faculty. Following completion of the project, a defense of the project will be conducted before the graduate faculty.

The most current descriptions and requirements for these academic programs including course syllabi are available at the Department of Health and Human Performance Website: www.msubillings.edu/cahp/hhp.

- Health and Human Performance Bachelor of Science
 - Athletic Training Master of Science 3+2 Option (<https://catalog.msubillings.edu/graduate/college-allied-health-professions/department-health-human-performance/bs-health-human-performance-ms-athletic-training-3-2-option>)
- Outdoor Adventure Leadership Bachelor of Science
 - Adventure Leadership in Health and Recreation Adventure Leadership Option Master of Science 3+2 (<https://catalog.msubillings.edu/graduate/college-allied-health-professions/department-health-human-performance/bs-outdoor-adventure-leadership-ms-adventure-leadership-adventure-leadership-3-2-option>)
- Outdoor Adventure Leadership Bachelor of Science
 - Adventure Leadership in Health and Recreation Recreation Therapy Option Master of Science 3+2 (<https://catalog.msubillings.edu/graduate/college-allied-health-professions/department-health-human-performance/bs-outdoor-adventure-leadership-ms-adventure-leadership-recreation-therapy-3-2-option>)
- Adventure Leadership in Health and Recreation Adventure Leadership Option Master of Science (<https://catalog.msubillings.edu/graduate/college-allied-health-professions/department-health-human-performance/ms-adventure-leadership-adventure-leadership>)
- Adventure Leadership in Health and Recreation Recreation Therapy Option Master of Science (<https://catalog.msubillings.edu/graduate/college-allied-health-professions/department-health-human-performance/ms-adventure-leadership-rec-therapy>)
- Athletic Training Master of Science (<https://catalog.msubillings.edu/graduate/college-allied-health-professions/department-health-human-performance/ms-athletic-training>)

- Interdisciplinary Studies Exercise and Sport Leadership Master of Science (<https://catalog.msuhillings.edu/graduate/college-allied-health-professions/department-health-human-performance/ms-interdisciplinary-studies-exercise-sport-leadership>)

Adventure Leadership in Health and Recreation

ALHR 501 Orientation to ALiHR.

1 Credit

Term Typically Offered: Fall

Prerequisite(s): Admission to the graduate ALiHR program.

Orientates new ALiHR(T) students to program requirement and expectations. Students are required to attend the orientation sessions. Orientation is a series of discussion and workshops designed to help students with the transition to this rigorous program, including time management, changing roles, activities, resources, internships, projects, and thesis. It also provides an opportunity for the students to meet and interact with faculty.

Lecture Hours 1

Department: Health & Human Performance

ALHR 502 Adventure Skills Training.

1 Credit

Term Typically Offered: Fall, Spring, Summer

Prerequisite(s): Admission to the graduate ALiHR program.

Demonstrates competency in backcountry travel/living (both summer and winter), and at least one area of skill concentration (e.g., challenge course, rock-climbing, paddling, skiing, etc.). Completion of Adventure Skills Training (AST) is accomplished by either documentation or demonstration. Appropriate documentation includes activity log or appropriate letter of reference. Demonstration of AST can be completed by co-teaching the specific skills with one of MSUB's fulltime faculty. Students in need of AST should arrange to gain these skills during the summer or winter breaks.

Lecture Hours 1

Department: Health & Human Performance

ALHR 503 Cont Iss Hlth/Rec Ther/Adv Ldr.

3 Credits

Term Typically Offered: Fall

Prerequisite(s): Admission to the graduate ALiHR program.

Examines conceptual, theoretical, and practical issues associated with the organization and delivery of Adventure and Therapeutic Recreation services. Using theoretical frameworks and applied practice models, students reflect on and develop informed positions on core values and beliefs that support the profession.

Lecture Hours 3

Department: Health & Human Performance

ALHR 530 Hist Pers & Policy of Outd Adv.

3 Credits

Term Typically Offered: Fall

Prerequisite(s): Admission to the graduate ALiHR program.

Examines policy issues that affect the adventure recreation field; study of the historical significance of key events and individual contributions from cultural, social, and economic points of view.

Lecture Hours 3

Department: Health & Human Performance

ALHR 532 Budg, Fin, & Fac'l Mgmt Adv Rec.

3 Credits

Term Typically Offered: Spring

Prerequisite(s): Admission to the graduate ALiHR program.

Applies current guidelines, policies, and practices involved in budgeting, financing, acquisition, and managing adventure recreation agencies and facilities.

Lecture Hours 3

Department: Health & Human Performance

ALHR 533 Risk Mgmt & Comm in Adv Rec.

2 Credits

Term Typically Offered: Spring

Prerequisite(s): Admission to the graduate ALiHR program.

Demonstrate ability to apply current structured approach to designing, communicating, implementing, and assessing a risk management plan for programs and staff within the adventure recreation industry.

Lecture Hours 2

Department: Health & Human Performance

Adventure Leadership in Recreation Therapy

ALTR 520 Therapeutic Recreation Process.

3 Credits

Term Typically Offered: Spring

Prerequisite(s): Admission to the graduate ALiHR program.

Examines the multifaceted aspects of the profession and practice of Recreational Therapy (RT). Course content focuses on an understanding of RT definitions, philosophical and theoretical perspectives, service delivery models, and the RT process.

Lecture Hours 3

Department: Health & Human Performance

ALTR 521 Assmnt, Doc & Admin Rec Therapy.

3 Credits

Term Typically Offered: Spring

Prerequisite(s): Admission to the graduate ALiHR program.

Teach and develop the critical components of assessment, documentation, and evaluation in the recreational therapy process. Components including protocol development, client assessment (standardized assessment, interview, observation, and record review), and the process of treatment planning, documentation, and evaluation. Client evaluation will be discussed at it relates to client-assessed outcomes.

Lecture Hours 3

Department: Health & Human Performance

ALTR 522 Therapeutic Rec Modalities.

2 Credits

Term Typically Offered: Spring

Prerequisite(s): Admission to the graduate ALiHR program.

Experientially develop and apply an assortment of activity-based interventions used in therapeutic recreation practice. Students are introduced to modalities including, but not limited to: adventure activities, animal-assisted therapy, horticulture, reminiscence, aromatherapy, massage, juggling, humor, sports, crafts, social skills, and relaxation training.

Lecture Hours 2

Department: Health & Human Performance

ALTR 523 Therapeutic Rec & Disabilities.

2 Credits

Term Typically Offered: Spring

Prerequisite(s): Admission to the graduate ALiHR program.

Combines research literature and practical application on issues associated with mental health, developmental disabilities, and/or aging, and the therapeutic recreation process. Students complete an issues paper that synthesizes research literature and any other structured learning activities, and draws implications for therapeutic recreation practice.

Lecture Hours 2

Department: Health & Human Performance

ALTR 590 Internship. 1-6 Credits
 Term Typically Offered: Fall, Spring, Summer
 Prerequisite(s): Admission to the graduate ALiHR program and consent of instructor.
 V 1-6 Provides experience in responsible appointment as an assistant in recreation therapy. A minimum 560 hour, 14 consecutive week internship experience in a therapeutic recreation service that uses the therapeutic recreation process as defined by the current NCTRC Job Analysis Study. See ALiHR Internship Handbook for details.
 Department: Health & Human Performance

Athletic Training

ATEP 534 Athletic Training Techniques I. 3 Credits
 Term Typically Offered: Fall
 Prerequisite(s): Admission to the graduate athletic training program.
 Serves as an introduction to athletic training practice. Emphasis on the prevention, care, and management of acute injuries and illnesses, as well as risk management, environmental concerns, and protective taping and equipment.
 Lecture Hours 2, Lab Hours 1
 Department: Health & Human Performance

ATEP 535 Athletic Trng Techniques II. 3 Credits
 Term Typically Offered: Spring
 Prerequisite(s): Admission to the graduate athletic training program.
 Provides an investigation into the study of evidence based medicine, epidemiology and injury surveillance, cultural competency, and mental health issues.
 Department: Health & Human Performance

ATEP 540 Practicum in Athletic Trng I. 1 Credit
 Term Typically Offered: Fall
 Builds on skills previously acquired and introduces new skills related to current coursework. Students will be assigned to a clinical education rotation under the direct supervision of a clinical preceptor. First in the series of four practicum courses.
 Department: Health & Human Performance

ATEP 541 Practicum in Athletic Trng II. 1 Credit
 Term Typically Offered: Spring
 Expands on skills previously acquired and introduces new skills related to current coursework. Students will be assigned to a clinical education rotation under the direct supervision of a clinical preceptor. Second in the series of four practicum courses.
 Lecture Hours 1
 Department: Health & Human Performance

ATEP 542 Lower Extremety Assessment. 3 Credits
 Term Typically Offered: Fall
 Prerequisite(s): Admission to the graduate athletic training program.
 Provides a study of anatomy and physiology, assessment, evaluation techniques, treatment, and management of conditions affecting the lower extremities and lumbar spine.
 Department: Health & Human Performance

ATEP 544 Upper Extremity Assessment. 3 Credits
 Term Typically Offered: Spring
 Prerequisite(s): Admission to the graduate athletic training program.
 Provides a study of anatomy and physiology, assessment, evaluation techniques, treatment, and management of conditions affecting the upper extremities, head, and thoracic and cervical spine.
 Department: Health & Human Performance

ATEP 546 General Medical Assessment. 3 Credits
 Term Typically Offered: Fall
 Prerequisite(s): Admission to the graduate athletic training program.
 Examines the recognition, assessment, and management of general medical conditions and illnesses.
 Lecture Hours 3
 Department: Health & Human Performance

ATEP 550 Practicum in Athletic Trng III. 1 Credit
 Term Typically Offered: Fall
 Broadens skills previously acquired and introduces new skills related to current coursework. Students will be assigned to a clinical education rotation under the direct supervision of a clinical preceptor. Third in the series of four practicum courses.
 Department: Health & Human Performance

ATEP 551 Practicum in Athletic Trng IV. 1 Credit
 Term Typically Offered: Spring
 Reviews and refines skills previously acquired and evaluated in previous coursework. Students will be assigned to a clinical education rotation under the direct supervision of a clinical preceptor. Fourth in the series of four practicum courses.
 Lecture Hours 1
 Department: Health & Human Performance

ATEP 559 Clinical Education I. 1 Credit
 Term Typically Offered: Summer
 Corequisite(s): AHAT 546.
 Offers an introduction to clinical education. Students review and refine basic athletic training skills and apply them in the preseason. Students will be assigned to a clinical education rotation under the direct supervision of a clinical preceptor.
 Lecture Hours 1
 Department: Health & Human Performance

ATEP 564 Clinical Education II. 1 Credit
 Reviews and refines skills previously acquired and evaluated in previous course work emphasizing management of acute and emergency injuries and illnesses. Students will be assigned to a clinical education rotation under the direct supervision of a clinical preceptor.
 Lecture Hours 1
 Department: Health & Human Performance

ATEP 566 Therapeutic Modalities. 3 Credits
 Term Typically Offered: Fall
 Prerequisite(s): Admission to the graduate athletic training program.
 Explores the physiology, theory, indications, and contraindications of therapeutic modalities.
 Department: Health & Human Performance

ATEP 572 Therapeutic Exercise. 3 Credits
 Term Typically Offered: Fall
 Prerequisite(s): Admission to the graduate athletic training program.
 Explores the theory, development, and application of therapeutic exercise programs.
 Department: Health & Human Performance

ATEP 574 Manual Therapy Techniques. 3 Credits
 Considers the theories and application methods of comprehensive manual therapy techniques.
 Lecture Hours 3
 Department: Health & Human Performance

ATEP 575 Case Studies in Sport Psych. 3 Credits
 Offers a case study approach to evaluate mental health issues as well as to discuss psychological interventions for the active individual.
 Lecture Hours 3
 Department: Health & Human Performance

ATEP 578 Org and Admin in Athletic Trng. 3 Credits
 Prerequisite(s): Admittance into ATEP.
 Topics include leadership; insurance; ethics; professional development; and the planning, organization, operations, and assessment of athletic training programming and facilities. Fiscal and risk management will also be examined.
 Lecture Hours 3
 Department: Health & Human Performance

ATEP 580 Pharmacology for Hlthcare Prof. 3 Credits
 Prerequisite(s): Admittance into ATEP. Explores the pharmaceutical and chemical processes of therapeutic interventions and therapies.
 This course examines the constraints placed on patients in the performance environment as well as management, protocols, and legal issues.
 Lecture Hours 3
 Department: Health & Human Performance

ATEP 597 Capstone. 3 Credits
 Term Typically Offered: Spring
 Prerequisite(s): Admission to the graduate Athletic Training Program.
 Serves as an intensive and cumulative review of athletic training competencies and proficiencies. Course is geared towards preparing the athletic training student to challenge the BOC exam.
 Lecture Hours 3
 Department: Health & Human Performance

Health and Human Performance

HHP 501 Srvy of Exercise & Sport Sci. 3 Credits
 Prerequisite(s): Admission to M.S. or instructor permission.
 Surveys the ways in which different scientific, core bodies of knowledge in exercise physiology, biomechanics, nutrition, and neural control intersect to form the foundation for professional activities in sport and exercise.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 502 Rsrch in Exercise & Sport Sci. 3 Credits
 Prerequisite(s): Admission to M.S. or instructor permission.
 Covers research and the statistical analysis that support research-specific, evidence-based practice in contexts unique to exercise science and sport.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 518 Hlth Enhncmnt Mthd & Mtrls K-8. 2 Credits
 Term Typically Offered: Fall
 Examines theories and models of curriculum design and teaching methodologies for grades K-8 Health Enhancement.
 Lecture Hours 2
 Department: Health & Human Performance

HHP 540 Sport Leadership. 3 Credits
 Term Typically Offered: Fall
 Explores theory and practice leadership principles applied to coaching and sport settings. Special attention is devoted to various applied strategies including: leadership/coaching styles, leader personality and behavior, basic anatomy and biomechanics of human movement, decision-making, risk management, planning and organizing, processing and evaluating, communicating and motivating, time management, and conflict management. Use of the case study method is applied to various sport settings.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 545 Exercise Test & Prescription. 3 Credits
 Term Typically Offered: Fall
 Prerequisite(s): HHP 430.
 Explores basic techniques in the assessment of physical fitness, prescription of exercise for healthy and unhealthy adults, and promotion of physical activity within communities.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 550 Psychological Principles. 3 Credits
 Covers the psychological dimension of sport science, focusing on advanced motor learning and applied sport psychology. Special attention is focused on sport psychology interventions with strong research support for their effectiveness.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 560 Sport Marketing. 3 Credits
 Explores the theory and practice of the marketing of sport as a product and the marketing of non-sport-related products through sport. Includes the study of various specific areas, such as market definition, consumer analysis, market research, market segmentation, product positioning, pricing, promotion, marketing communication, distribution, and sponsorship applied to sport.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 570 Sport Organizations & Gov. 3 Credits
 Term Typically Offered: Fall
 Explores the theory and practice of sport organizations and their various governance structures. Organization theory is presented in the context of sport organizations that regulate high school athletics, intercollegiate athletics, international amateur sport, and professional sport.
 Lecture Hours 3
 Department: Health & Human Performance

HHP 590 Internship. 1-9 Credits
 Prerequisite(s): Approved plan of study and approved internship application.
 Provides experience in a responsible appointment as an assistant in physical education and/or health settings.
 Lecture Hours 1-9
 Department: Health & Human Performance

HHP 591 Independent Study. 1-6 Credits
 Prerequisite(s): Consent of the instructor, approval of the department chairperson and the Dean of Allied Health Professions, and Independent Study contract filed with the Office of Graduate Studies.
 Provides an opportunity for students of superior academic standing to explore material not covered by regular graduate courses in the Department of Health and Human Performance.
 Department: Health & Human Performance

HHP 592 Seminar. 1-6 Credits
 Provides an opportunity to investigate topics at the advanced level pertinent to the area of Health and Physical Education.
 Lecture Hours 1-6
 Department: Health & Human Performance

HHP 593 Workshop. 1-6 Credits
 Provides an opportunity for experimental study at the advanced level in an area of Health and Physical Education.
 Department: Health & Human Performance

HHP 594 Clinic. 1-6 Credits
 Prerequisite(s): Consent of Instructor.
 Provides an opportunity to explore and develop advanced skills with individuals in Health and Physical Education.
 Lecture Hours 1-6
 Department: Health & Human Performance

HHP 596 Cooperative Educ/Internship. 1-8 Credits
 Department: Health & Human Performance

<p>HHP 597 Capstone Project. 1-6 Credits Term Typically Offered: Fall, Spring, Summer Prerequisite(s): Admission to the graduate ALiHR program and consent of instructor. Explores quantitative and qualitative research methodologies used in the health and human professions and evaluation of published research in the field. The capstone activity involves designing, implementing, assessing, and presenting a research project or program. Basic format and organization issues are covered, along with how to identify a research topic and program, assess resources, and write a literature review. Department: Health & Human Performance</p>	<p>REC 570 Adventure Prog Planning & Dev. 3 Credits Term Typically Offered: Spring Prerequisite(s): Admission to the graduate ALiHR program. Examines principles related to planning, scheduling, and implementation of recreational activities and events. Students will be introduced to the procedures involved in development of programs, staffing, budgeting, and managing risks for adventure programs for diverse populations. Lecture Hours 3 Department: Health & Human Performance</p>
<p>HHP 598 Research Project. 3-6 Credits Term Typically Offered: Fall, Spring Provides graduate students an opportunity to research a selected topic in athletic training interdisciplinary studies or sport leadership in close consultation with a graduate faculty committee. Students will present their project both in writing and orally. Lecture Hours 3-6 Department: Health & Human Performance</p>	
<p>HHP 599 Thesis. 1-6 Credits Term Typically Offered: Fall, Spring Prerequisite(s): EDF 501 or equivalent and an approved plan of study required. This course may be given the grade of "T" until research and writing is completed and accepted within the time limit of the degree. Department: Health & Human Performance</p>	

Outdoor Recreation

<p>REC 510 Adventure Leadership. 3 Credits Term Typically Offered: Fall Prerequisite(s): Admission to the graduate ALiHR program and consent of instructor. Acquaints students with the history, philosophy, depth, and scope of Adventure Leadership. Methods discussed will be applied to group development, minimizing risk in the field, teambuilding, decision-making, problem solving, and teaching. Students will explore and enhance their own leadership, philosophy, and style through participation in group projects, lecture, and activities while taking this course. Lecture Hours 3 Department: Health & Human Performance</p>	
<p>REC 511 Adv Guiding & Instructing. 3 Credits Term Typically Offered: Fall Prerequisite(s): Admission to the graduate ALiHR program. Provides students an opportunity to explore teaching methods appropriate for a wide spectrum of adventure guiding and instructing. Examines learning styles, lesson planning, delivery options, risk management, evaluation, and assessment. Lecture Hours 3 Department: Health & Human Performance</p>	
<p>REC 566 Ethical & Legal Aspects in OAL. 3 Credits Term Typically Offered: Fall Prerequisite(s): Admission to the graduate ALiHR program. Presents the ethical and legal principles and practices recommended and required in outdoor adventure leadership careers. Particular emphasis is on the ethical and legal guidelines that follow national program accreditation standards. Lecture Hours 3 Department: Health & Human Performance</p>	