

THE DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

Dr. Suzette Nynas, Chairperson

PE 120, (406) 657-2370

snyas@msubillings.edu

A student pursuing a Bachelor of Science degree from the Department of Health and Human Performance can choose one of the following options:

- Health and Wellness
- Human Performance
- Human Performance/Athletic Training 3+2 Option
- Outdoor Adventure Leadership
- Teacher Licensure HPE K-12

The Health and Wellness option prepares health professionals to gain employment in a variety of agencies, such as local, state, national, international, non-profit, and corporate wellness programs. Through experiences in courses, research, laboratories, and internships, the Human Performance option prepares students with the understanding of human movement. The Outdoor Adventure Leadership option develops leadership skill, group dynamics awareness, facilitation methods, and effective communication techniques. For students interested in teaching, the K-12 Teacher Licensure option prepares them to become licensed in health, physical education, and wellness for public and private school employment.

An option with undergraduate and graduate level components is the Bachelor of Science in Health and Human Performance and Master of Science degree in Athletic Training (3+2 option). Within three years, students complete requirements for general education, health and human performance, and prerequisites for the graduate Athletic Training Program. Students begin athletic training specific coursework during their fourth year and after successful completion of that fourth year, students are eligible to graduate with a bachelor's degree in Human Performance. If successful in completing the fifth year, students earn a Master of Science in Athletic Training degree and are eligible to take the national Board of Certification (BOC) examination for athletic trainers.

Graduates from the Health and Human Performance Department succeed in professional positions as health educators; as teachers and coaches; as outdoor reaction directors and adventure guides; as health and fitness professionals; as athletic training professionals; and in a wide variety of health, outdoor, and exercise science programs. Program options also prepare students as successful applicants to graduate programs in athletic training, physical therapy, occupational therapy, nursing, and physician assistants.

Advising Information

Each student meets with his or her advisor every semester to confirm an accurate and complete plan of study. If necessary, changes should be made to ensure that the plan of study can be completed in a timely manner. Faculty advisors work with students to explore appropriate internships, cooperative education, and experiential learning opportunities. Advisors also provide assistance in selecting elective courses that support the student's interests, career goals, and professional development.

First year students can utilize advisors in Advising and Career Services located in McMullen Hall; however, students are highly encouraged to establish a relationship with department faculty as early as possible. During their second year, students will be assigned a HHP or OAL advisor for advice to advance through their respective plan of study. Advising files are transferred to the department and remain until graduation. All candidates who plan to be recommended for a State of Montana licensure must be admitted to and meet all the Educator Preparation Program

requirements. Students are ultimately responsible for meeting their chosen degree requirements.

General Education Requirements

The General Education requirements must be fulfilled by majors and minors. General Education classes should be taken during the first two years of college.

Due to the course content and environmental requirements, a significant number of REC classes will be held off of the MSU Billings main campus. Courses may meet on weekends and/or during semester breaks. Some courses require a special fee that covers, but is not limited to: transportation, food, gear, lift tickets, and certifications.

- Health and Human Performance Health and Wellness Option Bachelor of Science Degree (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/bs-health-human-performance-health-wellness-option/>)
- Health and Human Performance Human Performance Option Bachelor of Science Degree (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/bs-health-human-performance-human-performance-option/>)
- Health and Human Performance Teacher Licensure Option (Health and Physical Education K-12) Bachelor of Science Degree (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/bs-health-human-performance-teacher-licensure-option-health-physical-education-k-12/>)
- Outdoor Adventure Leadership - 2+2 Track – Fire Science Bachelor of Science Degree *Program placed on moratorium* (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/bs-outdoor-adventure-leadership-2-2-track-fire-science/>)
- Outdoor Adventure Leadership Bachelor of Science Degree (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/bs-adventure-leadership/>)
- Health and Human Performance Bachelor of Science/Athletic Training Master of Science 3+2 Option (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/bs-health-human-performance-ms-athletic-training-3-2-option/>)
- Coaching Minor (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/minor-coaching/>)
- Health and Physical Education (K-12) Teaching Minor *Program placed on moratorium* (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/teaching-minor-health-physical-education-k-12/>)
- Outdoor Adventure Leadership Minor *Program placed on moratorium* (<https://catalog.msubillings.edu/undergraduate/college-health-professions-science/departement-health-human-performance/minor-outdoor-adventure-leadership/>)