

# HEALTH AND HUMAN PERFORMANCE HEALTH AND WELLNESS OPTION BACHELOR OF SCIENCE DEGREE

The Health and Wellness Option will prepare health professionals to seek employment in a variety of agencies such as local, state, national, international non-profit and corporate wellness programs.

The Health and Wellness Option is designed to address the seven areas of responsibilities for the health education profession as recommended by the National Commission for Health Education Credentialing (NCHEC). The seven areas of responsibility are:

- Assess Individual and Community Needs for Health Education
- Plan Health Education Strategies, Interventions, and Programs
- Implement Health Education Strategies, Interventions, and Programs
- Conduct Evaluation and Research Related to Health Education
- Administer Health Education Strategies, Interventions, and Programs
- Serve as a Health Education Resource Person
- Communicate for Health and Health Education

The health and wellness curriculum will prepare students to: develop a strong background in human behavior and behavior modification; effectively plan, implement, and evaluate health and wellness programs; increase leadership skills; and become familiar with the latest research and developments within the field.

Internship opportunities may be explored at local, regional, and national agencies/organizations that qualify students for employment in that field.

Health and wellness graduates will find employment opportunities as health educators, health and wellness coaches, and community or worksite health promotion coordinators.

Certifications students will be eligible for upon graduation:

National Commission for Health Education Credentialing

- Certified Health Education Specialist (CHES)

American Council on Exercise

- Health Coach

National Society of Health Coaches

- Certified Health Coach

American College of Sports Medicine

- Certified Personal Trainer
- Certified Group Exercise Instructor
- Physical Activity in Public Health Specialist (additional 1200 hour requirement after graduation)

National Strength and Conditioning Association

- Certified Personal Trainer

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

## Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Conduct a needs assessment for health promotion.
- Plan health and wellness education.
- Synthesize health and wellness research.
- Explain health behaviors and theories.

## Admission Requirements for Health and Human Performance – Health and Wellness Option

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. 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 (<https://catalog.msubillings.edu/undergraduate/admissions-registration/academic-policies-procedures-scholastic-requirements/>) 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 [www.msubillings.edu/cahp/hhp](http://www.msubillings.edu/cahp/hhp) (<http://www.msubillings.edu/cahp/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.
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.

## Required Courses

Code	Title	Credits
<b>General Education Requirements (<a href="https://catalog.msubillings.edu/undergraduate/general-education-requirements/">https://catalog.msubillings.edu/undergraduate/general-education-requirements/</a>)</b>		<b>31</b>
Students should consult with their advisors to determine if specific courses are necessary in order to satisfy the General Education requirements within this major. The following courses are required:		
STAT 216	Introduction to Statistics	
WRIT 101	College Writing I	
COMX 111	Intro to Public Speaking	
BIOB 101 or BIOB 121	Discover Biology Fund of Bio for Allied Health	
CHMY 121 & CHMY 122	Intro to General Chemistry and Intro to Gen Chem Lab	

BGEN 105A	Introduction to Business	
or BGEN 105B	Introduction to Business	
HTH 270	Global Health Issues	
<b>Health and Wellness Requirements</b>		
ACT 498	Internship/Cooperative Educ	3
BMKT 325	Principles of Marketing	3
CHTH 250	Introduction to Public Health	3
CHTH 317	Health Behavior Theories	3
CHTH 355	Theory Pract Comm Hlth Ed	3
CHTH 450	Worksite Health Promotion	3
COMX 480	Health Communication	3
ECP 120	Emergency Medical Responder	3
HADM 305	Survey of US Healthcare System	3
HADM 440	Mgmt Epidemiology & Pub Hlth	3
HEE 310	Methods of Adapted Hlth Enhncm	2
HEE 340	Methods of Health Education	3
HTH 110	Personal Health and Wellness *	3
HTH 435	Hlth & Wllnss Acrss the Lfspn	3
KIN 105	Fnd of Exercise Science	3
KIN 106	Fndtns of Exercise Science Lab	1
KIN 210	Prncpls Strength 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	Rsrch Meths in Hlth Hmn Prfrm	3
KIN 415	Adv Exercise Test & Prescrip	3
NUTR 221	Basic Human Nutrition	3
NUTR 411	Nutrition for Spts & Exercise <sup>2</sup>	3
Subtotal		68
<b>Health and Wellness Electives</b>		
Select 8 credits with advisor assistance. Below are recommended electives.		8
Any ACT or REC course		
ACT 499	Senior Thesis/Capstone	
AHMS 144	Medical Terminology	
CHTH 435	Human Response To Stress	
COMX 426	Leadership and Communication	
HADM 307	Health Informatics	
HTH 411	Alcohol, Tobacco, Drug Prevent	
SOCI 380	Soc of Health and Medicine	
Subtotal		8
<b>Required Interdisciplinary Core</b>		
BIOH 301	Human Anatomy & Physiology I	3
BIOH 302	Human Anatomy & Phys I Lab	1
BIOH 311	Human Anatomy & Physiology II	3
BIOH 312	Human Anatomy & Phys II Lab	1
BIOM 250	Microbiology for Hlth Sciences	3
BIOM 251	Microbiology Hlth Sciences Lab	1
Subtotal		12
<b>Total minimum credits</b>		<b>120</b>

\* May satisfy General Education requirements.

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

## Suggested Plan of Study

Code	Title	Credits
First Year		
Fall		
KIN 105	Fnd of Exercise Science	3
KIN 106	Fndtns of Exercise Science Lab	1
WRIT 101	College Writing I	3
BIOB 101	Discover Biology	3
or BIOB 121	Fund of Bio for Allied Health	
BIOB 102	Discover Biology Lab	1
HTH 110	Personal Health and Wellness	3
Total		14
Spring		
CHMY 121	Intro to General Chemistry	3
CHMY 122	Intro to Gen Chem Lab	1
BGEN 105A	Introduction to Business	3
COMX 111	Intro to Public Speaking	3
STAT 216	Introduction to Statistics	4
Total		14
Second Year		
Fall		
General Education		6
CHTH 250	Introduction to Public Health	3
BIOH 301	Human Anatomy & Physiology I	3
BIOH 302	Human Anatomy & Phys I Lab	1
ECP 120	Emergency Medical Responder	3
Total		16
Spring		
General Education		3
NUTR 221	Basic Human Nutrition	3
HTH 270	Global Health Issues	3
BIOH 311	Human Anatomy & Physiology II	3
BIOH 312	Human Anatomy & Phys II Lab	1
KIN 210	Prncpls Strength Conditioning	3
Total		16
Third Year		
Fall		
Elective		3
CHTH 317	Health Behavior Theories	3
CHTH 355	Theory Pract Comm Hlth Ed	3
HTH 435	Hlth & Wllnss Acrss the Lfspn	3
BIOM 250	Microbiology for Hlth Sciences	3
BIOM 251	Microbiology Hlth Sciences Lab	1
Total		16
Spring		
HADM 305	Survey of US Healthcare System	3
HTH 411	Alcohol, Tobacco, Drug Prevent	3

HEE 340	Methods of Health Education	3
CHTH 450	Worksite Health Promotion	3
KIN 364	Rsrch Meths in Hlth Hmn Prfrm	3
Total		15

#### Fourth Year

Fall		
KIN 320	Exercise Physiology	3
KIN 321	Exercise Physiology Lab	1
KIN 322	Kinesiology	3
KIN 323	Anatomical Kinesiology Lab	1
HADM 440	Mgmt Epidemiology & Pub Hlth	3
BMKT 325	Principles of Marketing	3
Total		14
Spring		
KIN 415	Adv Exercise Test & Prescrip	3
ACT 498	Internship/Cooperative Educ	3
NUTR 411	Nutrition for Sprts & Exercise	3
COMX 480	Health Communication	3
CHTH 435	Human Response To Stress	3
Total		15