

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

Through coursework, research, laboratory, and internship experiences, the Human Performance Option prepares students with a thorough understanding of human movement. Students in this option are well prepared for work in professional positions in medical, community, corporate, or school settings (i.e., medical sales, rehabilitation programs, fitness centers, strength and training facilities, etc.).

Students are equally well-equipped for graduate study in any of the diverse disciplines that deal with human movement (i.e., physical therapy, occupational therapy, athletic training, exercise physiology, kinesiology, etc.) and physician assistant programs.

Coursework involves study in multiple disciplines and emphasizes the broad scientific basis on which sound clinical insight and understanding is based, while research, laboratory work, and internships provide students with valuable experience applying their understanding of human movement. Students are expected to develop a thorough understanding of human movement across the wide range of its physiological, neurological, mechanical, and nutritional dimensions, enabling them to serve as effective practitioners in the diverse, expanding and evolving fields related to human movement.

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

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.

## Program Learning Outcomes

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

- Evaluate a person's health status.
- Evaluate human movement and performance.
- Explain evidence-based interventions in health and fitness activities.
- Conduct research in health and human performance.
- Communicate with diverse constituencies.

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

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/chps/hhp/student-resources.htm](http://www.msubillings.edu/chps/hhp/student-resources.htm) (<https://www.msubillings.edu/chps/hhp/student-resources.htm>).

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 (<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.
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/chps/hhp/student-resources.htm](http://www.msubillings.edu/chps/hhp/student-resources.htm) (<https://www.msubillings.edu/chps/hhp/student-resources.htm>) 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.

## 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>
The following General Education courses also satisfy requirements in the Interdisciplinary Core:		
STAT 216	Introduction to Statistics	
PSYX 100	Intro to Psychology	
CHMY 121 & CHMY 122	Intro to General Chemistry and Intro to Gen Chem Lab	
BIOB 101 or BIOB 121	Discover Biology Fund of Bio for Allied Health	
BIOB 102	Discover Biology Lab	

Students should consult with an academic advisor before registering for General Education courses in order to minimize the number of courses needed to satisfy the requirements of the major.

**Human Performance Major Core**

ACT 498	Internship/Cooperative Educ	3
ACT 499	Senior Thesis/Capstone	3
AHMS 144	Medical Terminology	3
ECP 120	Emergency Medical Responder	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 325	Biomechanics	3
KIN 328	Biomechanics Lab	1
KIN 330	Motor Learning and Control	3
KIN 331	Motor Learning and Control Lab	1
KIN 364	Rsrch Meths in Hlth Hmn Prfrm	3
KIN 415	Adv Exercise Test & Prescrip	3
KIN 462	Evidence Based Assessment	3
NUTR 221	Basic Human Nutrition	3
NUTR 411	Nutrition for Spts & Exercise	3
Subtotal		50

**Interdisciplinary Core**

BIOB 101	Discover Biology *	3
or BIOB 121	Fund of Bio for Allied Health	
BIOB 102	Discover Biology Lab *	1
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
CHMY 121	Intro to General Chemistry <sup>1*</sup>	3
CHMY 122	Intro to Gen Chem Lab <sup>1*</sup>	1
PSYX 100	Intro to Psychology *	3
STAT 216	Introduction to Statistics *	4
Subtotal		23

**Electives**

Select 16 credits of the following in consultation with an advisor. The following list is illustrative and not limiting. Students may structure electives to earn a minor.

AHAT 210	Prev & Care Athletic Injuries	
BIOM 250	Microbiology for Hlth Sciences	
BIOM 251	Microbiology Hlth Sciences Lab	
BIOM 400	Medical Microbiology	
BIOM 401	Medical Microbiology Lab	
CHMY 141	College Chemistry I *	
CHMY 142	College Chemistry I Lab *	
CHTH 435	Human Response To Stress	
HTH 411	Alcohol, Tobacco, Drug Prevent	
HTH 435	Hlth & WlInss Acrss the Lfspn	
PHSX 205	College Physics I *	
PHSX 206	College Physics I Lab *	
PHSX 207	College Physics II	

PHSX 208	College Physics II Lab	
PSYX 222	Psychological Statistics	
PSYX 225	Research Design and Analysis	
PSYX 226	Research Design and Analysis L	
PSYX 230	Developmental Psychology	
PSYX 320	Adv Psych Research Methods	
PSYX 321	Adv Psych Research Methods Lab	
PSYX 340	Psychological Disorders	
PSYX 350	Physiological Psychology	
PSYX 351	Physiological Psychology Lab	
PSYX 360	Social Psychology	
Subtotal		16

**Total Minimum Credits** **120**

<sup>1</sup> Students who intend to pursue a Physical Therapy program should take CHMY 141 and CHMY 142 as a substitution for CHMY 121 and CHMY 122 in the Interdisciplinary Core. If CHMY 121/CHMY 122 are already completed, students may take CHMY 141/CHMY 142 as a Related Elective.

\* May satisfy General Education requirements.

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

Code	Title	Credits
First Year		
Fall		
BIOB 101	Discover Biology	3
BIOB 102	Discover Biology Lab	1
WRIT 101	College Writing I	3
KIN 105	Fnd of Exercise Science	3
KIN 106	Fndtns of Exercise Science Lab	1
General Education		6
Total		17
Spring		
STAT 216	Introduction to Statistics	4
CHMY 121	Intro to General Chemistry	3
CHMY 122	Intro to Gen Chem Lab	1
PSYX 100	Intro to Psychology	3
General Education		6
Total		17
Second Year		
Fall		
BIOH 301	Human Anatomy & Physiology I	3
BIOH 302	Human Anatomy & Phys I Lab	1
AHMS 144	Medical Terminology	3
AHAT 210	Prev & Care Athletic Injuries	3
ECP 120	Emergency Medical Responder	3
NUTR 221	Basic Human Nutrition	3
Total		16
Spring		
BIOH 311	Human Anatomy & Physiology II	3
BIOH 312	Human Anatomy & Phys II Lab	1
KIN 210	Prncpls Strength Conditioning	3
Elective (Recommended: PSYX 230)		3

KIN 330	Motor Learning and Control	3
KIN 331	Motor Learning and Control Lab	1
General Education		3
Total		17
Third Year		
Fall		
Elective (Recommended: CHTH 317)		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
Elective (Recommended: ACT or REC course)		1
Total		15
Spring		
KIN 325	Biomechanics	3
KIN 328	Biomechanics Lab	1
NUTR 411	Nutrition for Spts & Exercise	3
Elective (Recommended: HTH 411)		3
Elective (Recommended: BIOM 250 & BIOM 251)		4
Total		14
Fourth Year		
Fall		
Elective (Recommended: HTH 435)		3
ACT 499	Senior Thesis/Capstone	3
KIN 462	Evidence Based Assessment	3
Elective		3
Total		12
Spring		
Elective (Recommended: CHTH 435)		3
ACT 498	Internship/Cooperative Educ	3
KIN 415	Adv Exercise Test & Prescrip	3
Elective		3
Total		12