



ADVISING WORKSHEET
BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE
HEALTH & WELLNESS OPTION
GENERAL BULLETIN 2024-2025

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 (9 credits) A. Mathematics (3 credits) <i>STAT 216-Major Requirement</i> B. English (3 credits) <i>WRIT 101-Major Requirement</i> C. Communication & Information Literacy (3 credits) <i>COMX 111-Major Requirement</i>	STAT 216				
	WRIT 101				
	COMX 111				
Category II: Natural Sciences (7 credits) 2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab)	BIOB 121 or BIOB 101				
	CHMY 121				
	CHMY 122				
Category III: Social Sciences and History (6 credits) A. Social Science (3 credits) <i>BGEN 105-Major Requirement</i> B. History (3 credits)	BGEN 105				
Category IV: Cultural Diversity (3 credits) <i>HTH 270-Major Requirement</i>	HTH 270				
Category V: Arts & Humanities (6 credits) A. Fine Arts (3 credits) B. Humanities (3 credits)					

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:

GENERAL EDUCATION REQUIREMENTS

CATEGORY I: GLOBAL ACADEMIC SKILLS 9 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	210	Communication in Small Groups	3
HONR	205	Honors Inquiry and Research	3
LSCI 1	25	Research in the Information Age	3

CATEGORY II: NATURAL SCIENCES 6 cr. lecture & 1 cr. lab

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

Subcategory A – Life Sciences 3-4 credits

BIOB	101	Discover Biology	3
BIOB	102	Discover Biology Lab	1
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	1
SCIN	101	Integrated Sciences I	3
SCIN	102	Integrated Sciences I Lab	1

Subcategory B – Physical Sciences 3-4 credits

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

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
GPXY	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

Course			Credits	Grade	Semester	Equivalent
<i>A minimum grade of C- or better is required in all major coursework</i>						
Health & Wellness Requirements						
ACT	498	Internship	3			
BMKT	325	Principles of Marketing	3			
CHTH	250	Introduction to Public Health	3			
CHTH	317	Health Behavior Theories	3			
CHTH	355	Theory and Practice of Community Health Ed	3			
CHTH	450	Worksite Health Promotion	3			
COMX	480	Health Communication	3			
ECP	120	Emergency First Responder	3			
HADM	305	Survey of the US Healthcare System	3			
HADM	440	Managerial Epidemiology and the Public's Health	3			
HEE	310	Methods of Adapted Health Enhancement	3			
HEE	340	Methods of Health Ed	3			
*HTH	110	Personal Health and Wellness	3			
HTH	435	Health and Wellness Across the Lifespan	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	364	Research Methods in HHP	3			
KIN	415	Advanced Test and Prescription	3			
NUTR	221	General Nutrition	3			
NUTR	411	Nutrition for Sport and Exercise	3			

Health and Wellness Electives

Select **8 credits** with advisor assistance. This list is illustrative but not definitive. Students may choose a minor in lieu of electives.

ACT or REC	Various Activity Courses		V			
ACT	499	Senior Thesis/Capstone	3			
AHMS	144	Medical Terminology	3			
CHTH	435	Human Response to Stress	3			
COMX	426	Leadership and Communication	3			
HADM	307	Health Informatics	3			
HHP	499	Senior Thesis	3			
HTH	411	Alcohol, Tobacco, and Other Drug Prevention	3			
SOCI	380	Sociology of Health and Medicine	3			

Required Interdisciplinary Core

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 Lab II	1			
BIOM	250	Microbiology for Health Sciences	3			
BIOM	251	Microbiology for Health Sciences Lab	1			

Electives

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

Categories	Credits	Earned	Remaining
General Education Requirements	32	_____	_____
Health & Wellness Requirements	68	_____	_____
Health & Wellness Electives	8	_____	_____
Required Interdisciplinary Core	12	_____	_____
Electives (Variable)	V	_____	_____
Total	120	_____	_____

**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).**

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

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

All students desiring admission to the Health & 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 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/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.