

The University of Montana Western
2015-2016 Catalog

Bachelor of Science: Health & Human Performance

Name	Evaluated by
ID #	Date
Institution	Abbreviated
Institution	Abbreviated
Institution	Abbreviated

Bachelor of Science: Health & Human Performance **120** Total Required Credits

General Education Requirements (printable worksheet available at advising.umwestern.edu)

The following required courses are general education requirements specific to this degree. They will satisfy these particular general education categories:

Behavioral & Social Sciences (category located on page 1 of your general education worksheet)

_____ HTH 220 Human Sexuality _____ 4

Institution	Accepted
For Office Use	

Health & Human Performance Major Core

_____ AHAT 210 Prevention & Care of Athletic Injuries _____ 4

Prereq: KIN 205

_____ BUS 304 Leadership _____ 4

_____ CAPP 100 Short Course: Computer Literacy _____ 1

_____ DANC 285 Dance & Rhythm Methods I _____ 1

_____ DANC 286 Dance & Rhythm Methods II _____ 1

_____ ECP 100 First Aid & CPR _____ 1

Prereq: Declared HHP major or TEP.

_____ HEE 303 Methods of Lifetime Fitness Activities _____ 4

Prereq: KIN 205

_____ HEE 304 Methods of Team Sports _____ 4

Prereq: KIN 205

_____ HEE 340 Methods of Health Education _____ 4

_____ HEE 410 Organization & Administration in Sports Fitness _____ 4

Prereq: KIN 205

_____ HTH 220 Human Sexuality _____ 4

Note: This course should already be taken as part of your general education requirements.

_____ HTR 240 Leisure Services _____ 4

_____ KIN 205 Foundations & Scientific Fundamentals in HHP _____ 4

_____ KIN 221 Health Anatomy & Physiology _____ 4

Prereq: KIN 205

_____ KIN 320 Exercise Physiology _____ 4

Prereq: KIN 221

_____ KIN 325 Biomechanics _____ 4

Prereq: KIN 221

_____ KIN 330 Motor Learning & Control _____ 4

Prereq: KIN 221

_____ KIN 410 Advance Strength Training & Conditioning _____ 4

Prereq: AHAT 210

_____ NUTR 411 Nutrition for Sports & Exercise _____ 4

Prereq: KIN 320

Select **ONE** of the following:

_____ AHAT 330 Advanced Techniques in Sports Medicine _____ 4

Prereq: AHAT 210

_____ COA 305 Coaching: Pedagogy, Admin, & Ethics _____ 4

Prereq: Junior standing

Internship

10 Credits

Select **ONE** of the following:

- _____ KIN 498 Internship/Cooperative Education _____ 1-15

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Prereq: Senior standing and consent of instructor, program chair, and provost.
- _____ KIN 499 Senior Thesis/Capstone _____ 1-15

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Prereq: Senior standing and consent of instructor, program chair, and provost.

Electives to reach 120 total credits

10-11 Credits

Subject	Course #	Title			

_____ **Total Earned Credits**