

The University of Montana Western
2016-2017 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:

Math 100-Level (category located on page 1 of your general education worksheet)

_____ STAT 121 Probability _____ 4
Prereq: M 095 or appropriate ACT or SAT score.

Institution	Accepted
For Office Use	

Health & Human Performance Major Core

_____ AHAT 210 Prevention & Care of Athletic Injuries _____ 4
Prereq: KIN 221 or BIOH 365

_____ COA 305 Coaching: Pedagogy, Admin, & Ethics _____ 4
Prereq: Junior standing

_____ ECP 100 First Aid & CPR _____ 1
Prereq: Declared HHP major or TEP.

_____ HEE 340 Methods of Health Education _____ 4

_____ HEE 410 Organization & Administration in Sports Fitness _____ 4
Prereq: KIN 205 and KIN 221.

_____ KIN 205 Foundations & Scientific Fundamentals in HHP _____ 4

_____ KIN 221 Health Anatomy & Physiology _____ 4

_____ KIN 320 Exercise Physiology _____ 4
Prereq: KIN 221 or BIOH 365

_____ KIN 325 Biomechanics _____ 4
Prereq: KIN 221 or BIOH 365

_____ KIN 330 Motor Learning & Control _____ 4
Prereq: KIN 221 or BIOH 365

_____ KIN 410 Advance Strength Training & Conditioning _____ 4
Prereq: KIN 320

_____ NUTR 411 Nutrition for Sports & Exercise _____ 4
Prereq: KIN 320

_____ STAT 217 Intermediate Statistical Concepts _____ 4
Prereq: STAT 121.

Select **EIGHT CREDITS** of the following: (8)

_____ Any ACT rubric course: _____ 1-4

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_____ Any DANC rubric course: _____ 1-4

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_____ HEE 303 Methods of Lifetime Fitness Activities _____ 4
Prereq: KIN 205

_____ HEE 304 Methods of Team Sports _____ 4
Prereq: KIN 205

31-32 Credits

57 Credits

8

