

The University of Montana Western
2017-2018 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)

32 Credits

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)

Institution	Accepted
For Office Use	

_____	STAT	121	Probability	_____	4
<i>Prereq: M 095 or appropriate ACT or SAT score.</i>					

Health & Human Performance Major Core

61 Credits

_____	AHAT	210	Prevention & Care of Athletic Injuries	_____	4
<i>Prereq: KIN 221 or BIOH 365</i>					
_____	COA	305	Coaching: Pedagogy, Admin, & Ethics	_____	4
<i>Prereq: Junior standing</i>					
_____	ECP	100	First Aid & CPR	_____	1
<i>Prereq: Declared HHP major or TEP.</i>					
_____	HEE	410	Organization & Administration in Sports Fitness	_____	4
<i>Prereq: KIN 205</i>					
_____	HTH	110	Personal Health & Wellness	_____	4
_____	KIN	205	Foundations & Scientific Fundamentals in HHP	_____	4
_____	KIN	221	Health Anatomy & Physiology	_____	4
_____	KIN	320	Exercise Physiology	_____	4
<i>Prereq: KIN 221 or BIOH 365</i>					
_____	KIN	325	Biomechanics	_____	4
<i>Prereq: KIN 221 or BIOH 365</i>					
_____	KIN	330	Motor Learning & Control	_____	4
<i>Prereq: KIN 221 or BIOH 365</i>					
_____	KIN	410	Advance Strength Training & Conditioning	_____	4
<i>Prereq: KIN 320</i>					
_____	NUTR	211	Basic Human Nutrition	_____	4
_____	NUTR	411	Nutrition for Sports & Exercise	_____	4
<i>Prereq: KIN 320, NUTR 211</i>					
_____	STAT	217	Intermediate Statistical Concepts	_____	4
<i>Prereq: STAT 121.</i>					

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

_____	Any ACT rubric course:	_____	_____	1-4	
_____	Any ACT rubric course:	_____	_____	1-4	
_____	Any DANC rubric course:	_____	_____	1-4	
_____	Any DANC rubric course:	_____	_____	1-4	
_____	HEE	303	Methods of Lifetime Fitness Activities	_____	4
<i>Prereq: KIN 205</i>					
_____	HEE	304	Methods of Team Sports	_____	4
<i>Prereq: KIN 205</i>					

Internship

7 Credits

Select **ONE** of the following:

_____ KIN 498 Internship/Cooperative Education _____
Prereq: Senior standing and consent of instructor, program chair, and provost.

7 | |

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

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Electives to reach 120 total credits

20 Credits

Select any college-level courses from the catalog to bring degree total to 120 credits.

Subject	Course #	Title			

_____ **Total Earned Credits**