



## ADVISING WORKSHEET

BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE  
HEALTH & WELLNESS OPTION  
GENERAL BULLETIN 2013-2015 (EFFECTIVE SUMMER 2015)

TRANSFER INSTITUTION(S):

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Name \_\_\_\_\_

Student ID # \_\_\_\_\_

**GENERAL EDUCATION REQUIREMENTS – SEE ATTACHED PAGE FOR SPECIFIC C**

## 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	131	Mathematics for Elementary Teachers II	3
M	143	Finite Mathematics	4
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
WRIT	201	College Writing II	3
WRIT	220	Business & Professional Writing	3
WRIT	221	Intermediate Technical Writing	3

#### Subcategory C- Communication & Information Literacy 3 credits

COMX	111	Introduction to Public Speaking	3
COMX	115	Introduction to Interpersonal Communication	3
LSCI	125	Research in the Information Age	3
BMIS	150	Computer Literacy	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 SCIN 101, 102, 103 & 104*

#### Subcategory A – Life Sciences 3-4 credits

BIOB	101	Discover Biology	3
BIOB	102	Discover Biology Lab	1
BIOB	160	Principles of Living Systems	3
BIOB	161	Principles of Living Systems 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
GPHY	112	Introduction to Physical Geography Lab	1
GPHY	111	Introduction to Physical Geography	3
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
PHSX	105	Fundamentals of Phys Sci	3
PHSX	106	Fundamentals of Phys Sci Lab	1

#### Subcategories A and B – Integrated Sciences 7 credits

SCIN	101, 102, 103 & 104	Integrated Sciences	3, ½, 3, ½
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### CATEGORY III: SOCIAL SCIENCES AND HISTORY 6 credits

*Students are required to take one course from each subcategory*

#### Subcategory A – Social Sciences 3 credits

ANTY	217	Physical Anthropology & Archeology	3
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
GPHY	141	Geography of World Regions	3
HTH	110	Personal Health and Wellness	3
PSCI	220	Introduction to Comparative Government	3
PSCI	210	Introduction to American Government	3
PSYX	100	Introduction to Psychology	3
PSYX	231	Human Relations	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	101	Western Civilization I	3
HSTR	102	Western Civilization II	3
HSTR	103	Honors Western Civilization I	3
HSTR	104	Honors Western Civilization II	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	Introduction to Intercultural Communication	3
GPHY	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
PHL	271	Philosophy & Religion of India	3
PHL	272	Philosophy & Religion of China/Tibet/Japan	3
REHA	201	Introduction to Diversity	3
RLST	170	The Religious Quest	3
A&SC/ SOCI/WS	274	Women, Culture, and Society	3
SPNS	150	The Hispanic Tradition	3

### CATEGORY V: ARTS & HUMANITIES 6 credits

*Students are required to take one course from each subcategory*

#### Subcategory A – Fine Arts 3 credits

ARTZ	101	Art Fundamentals	3
ARTZ	131	Ceramics for Non-majors	3
ARTZ	105	Visual Language-Drawing	3
FILM	160	Introduction to World Cinema	3
MART	260	Computer Presentation and Animation	3
CRWR	240	Intro Creative Writing Workshop	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
THTR	101	Introduction to Theatre	3
THTR	120	Introduction to Acting I	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	240	The Bible as Literature	3
PHL	110	Introduction to Ethics	3
PHL	111	Philosophies of Life	3

**Total 31**

Course		Credits	Grade	Semester	Equivalent
<i>A minimum grade of C- or better is required in all major coursework</i>					
<b>Health &amp; Wellness Major Core Required Courses</b>					
ACT	498	Internship	3		
CHTH	250	Introduction to Public Health	3		

**Electives**


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

<b>Categories</b>	<b>Credits</b>	<b>Earned</b>	<b>Remaining</b>
General Education Requirements	31	_____	_____
Health & Wellness Requirements	54	_____	_____
Health & Wellness Electives	17	_____	_____
Required Interdisciplinary Core	18	_____	_____
Electives (Variable)	V	_____	_____
<b>Total</b>	<b>120</b>	_____	_____

**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.*

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