

Jumpstart Pathway

Health and Human Performances Transfer to Montana State University

Associate of Science

Academic & Career Pathway: Science, Technology, Engineering and Math

Student:

Advisor:

Course/Semester (Prefix, Number and Title)		Credits	Fall/Spring Only	Milestone Course	Notes	Completed
Semester 1						
M 171 Calculus		4				
WRIT 101 College Writing I		3				
BIOB 160 Principles of Living Systems		4	Fall	*	MSU required course	
CHMY 141 College Chemistry I & Lab		4	Fall	*	MUS required course	
Total		15				
Semester 2						
STAT 216 Introduction to Statistics		3		*	MSU required course	
CHMY 143 College Chemistry II & Lab		4		*	MSU required course	
BIOB 170 Principles of Biological Diversity		4	Spring		If student takes M151 prior to taking M171, this course isn't needed for degree.	
PSYX 100 Introduction to Psychology		3		*	MSU required course S&PS/H	
NASX 105 Intro to Native American Studies		3			D & CHAI Course offered every fall, spring, and summer semester.	
Total		17				
Semester 3						
PSYX 230 Developmental Psychology or PSYX 240 Fundamentals of Abnormal Psychology		3			S&PS/H course Recommended courses compliment pathway. Any HC S&PS/H course will meet HC requirement. Check MSU core list for options that meet requirements at both HC and MSU.	
PHSX 205 College Physics I & Lab		4	Fall	*	MSU required course	
BIOH 201 Anatomy and Physiology I		4		*	MSU required course	
ARTZ 105 Visual Language Drawing, LIT 110 Intro to Literature, or PHL 110 Intro to Ethics		3			H&FA course Recommended courses meet core requirements at both MSU and HC. Any HC	

					H&FA course will meet HC requirement.	
Total		14				
Semester 4						
ARTZ 105 Visual Language Drawing, LIT 110 Intro to Literature, or PHL 110 Intro to Ethics		3			H&FA course Recommended courses meet core requirements at both MSU and HC. Any HC H&FA course will meet HC requirement.	
BIOH 211 Anatomy and Physiology II		4		*	MSU required course	
PHSX 207 College Physics II & Lab		4	Spring	*	MSU required course	
COMX 111 Intro to Public Speaking		3		*	MUS required course Course offered every fall, spring, and summer semester.	
Total		14				
Optional						
BIOB 290* Independent Research		2*	*optional		Available any semester; preferred after first year	

****Students must earn a C- or better in order to successfully complete a course.***

Career outlook:

The undergraduate major in Health and Human Performance (HHP) at Montana State University is a general pre-health professional curriculum that prepares students for health-related graduate programs in physical therapy, occupational therapy, medical physician assistant, sports medicine, exercise science graduate programs (exercise physiology, health promotion, biomechanics), as well as medical school. Additional careers for exercise science students can include those within the health and fitness industry (e.g., those requiring ACSM Certified Health Fitness Specialist and/or Certified Clinical Exercise Specialist certifications, or the NCSA Certified Strength and Conditioning Specialist), corporate wellness programs, exercise rehabilitation programs (cardiac rehabilitation, gait laboratories, sport medicine facilities, older adult programs, etc.), as well as careers in the sport and rehabilitative medicine equipment industries.

MSU Health and Human Performance, Exercise Science Option, degree requirements

<http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/health-human-performance-major/>

MSU General Education core requirements https://www.montana.edu/msu-core/msu_core_courses.html#IA_RA

60 credits to degree.

If students take M151 Precalculus in preparation for M171, they do not need to take BIOB 170 in semester 2. They will earn 60 credits needed for degree with M151.

Students that complete the Helena College General Education Core will earn a Certificate of General Studies.

Certificate of General Studies		
Category	Credits	Complete
Natural Science with Lab		
Natural Science		
Mathematics		
Written Communication		
Oral Communication		
Social & Psychological Sciences/History		
Social & Psychological Sciences/History		
Humanities/Fine Arts		
Humanities/Fine Arts		
Cultural Diversity		
Total Credits (30-32)		