

Health & Human Development

Exercise Science Option

Four-Year Plan 2006-2008 Catalog

Name _____ Advisor _____

E-mail _____ www.montana.edu/hhd/

Freshman Year			Term	Credits	Grade
BIOL	102	Molecular & Cell Biology	Fs	4	_____
BIOL	207	Anatomy & Physiology I	fS	5	_____
CHEM	131	General Chemistry I	Fsm	4	_____
CHEM	132	General Chemistry II	fSm	4	_____
MATH	170Q	Survey of Calculus	fSm	4	_____
UC		University Core & Electives		9	_____
	<i>Total</i>			30	_____

Sophomore Year			Term	Credits	Grade
BIOL	208	Anatomy & Physiology II	F	4	_____
HDFN	221CS	Human Nutrition	Fs	3	_____
HDPE	222	Foundations of Exercise Science	S	3	_____
PSY	100IS	Introductory Psychology	Fs	3	_____
STAT	216Q	Elementary Statistics	Fsm	3	_____
STAT	217	Intermediate Statistical Concepts	fSm	3	_____
UC		University Core & Electives		3	_____
Take one of the following sequences:					
PHYS	205	College Physics I	Fsm	4	_____
PHYS	206	College Physics II	fSm	4	_____
OR					
PHYS	211	General and Mod Physics I	Fs	4	_____
PHYS	212	General and Mod Physics II	fS	4	_____
	<i>Total</i>			30	_____

Junior Year			Term	Credits	Grade
HDCF	371*	Research Methods	fS	3	_____
HDPE	320*	Anatomical Kinesiology	F	4	_____
HDPE	322*	Exercise Physiology	F	4	_____
HDPE	323*	Biomechanics	S	4	_____
UC		University Core and Approved Electives		15	_____
	<i>Total</i>			30	_____

Senior Year			Term	Credits	Grade
Take one of the following:					
HDPE	465	Exercise Testing & Prescription	S	4	_____
HDPE	489	Undergraduate Research	fsm	2-6	_____
HHD	476	Internship	fsm	2-6	_____
UC		University Core and Approved Electives		24-28	_____
	<i>Total</i>			30	_____

Total needed for graduation 120 _____

Students must also satisfy these requirements (See back of this page for list of pre-approved electives)

Approved upper division HHD electives _____ ≥15

Approved upper division science electives _____ ≥9

Approved ppper division social science electives _____ ≥6

*"C" grade or higher is required to graduate. See back of this page for list of pre-approved electives

Classification	Rubric	#	Class Title	Credits	Prerequisite(s) from MSU Catalog
Required	CHEM	131	General Chemistry 1	4	2 yr HS math with algebra
	CHEM	132	General Chemistry II	4	CHEM 131 or CHEM 141
	BIOL	207	Anatomy and Physiology I	5	CHEM 121/131 w/ \geq C- grade
	BIOL	208	Anatomy and Physiology II	4	BIOL 102 , 207, 214 or MB 301 with \geq C- grade
	MATH	170	Survey of Calculus	3	MATH 105 or math placement test
	PHYS	205	College Physics I	4	MATH 160 or HS trigonometry
	PHYS	206	College Physics II	4	PHYS 205 or 211
	STAT	216	Elementary Statistics	3	MATH 105 or 151, or math placement test
	STAT	217	Intermediate Statistics	3	STAT 216
	HDPE	320	Anatomical Kinesiology	4	BIOL 207 + math core
	HDPE	322	Exercise Physiology	4	BIOL 207
	HDPE	323	Biomechanics	4	MATH 170, BIOL 207, PHYS 205, HDPE 320
	HDPE	465	Exercise Testing & Prescription	4	HDPE 322, BIOL 208, STAT 216
	HDPE	489	Undergraduate Research	2-6	Corequisite HDPE 490
HDCF	371	Research Methods	3	STAT 216	
HHD	476	Internship	2-6	Corequisite HDPE 475	
HHD Elective	HDCF	360	Human Devl: Adult and Aging	3	HDCF 260 or Soc Sci core for non-majors
	HDFN	321	Life Cycle Nutrition	3	HDFN 221
	HDFN	351	Nutrition and Society	3	HDFN 221 + HDCF 343
	HDFN	411	Nutrition for Sport & Exercise	2	HDFN 221 + HDPE 221
	HDFN	421	Macronutrient Metabolism	3	HDFN 221 + BCHM 340 + BIOL 208, all w/ \geq C
	HDFN	422	Micronutrient Metabolism	2	HDFN 421 w/ \geq C grade
	HDFN	425	Medical Nutrition Therapy	4	HDFN 401 + HDFN 421, both w/ \geq C grade
	HDHL	402	First Aid Instructor Lab	1	(HDHL 221 + HDHL 222) or current ARC CPR
	HDHL	410	Human Response to Stress	3	PSY 100 + Junior standing
	HDHL	440	Principles of Epidemiology	3	STAT 216 + Research Methods course
	HDPE	415	Management in Health/Fitness	3	Junior Standing
	HDPE	425	Health Psychology	3	PSY 100
	HDPE	436	Principles of Strength & Cond.	3	HDPE 221
	HDPE	440	Health & Fitness Promotion	3	None listed
HDPE	445	Applied Sport Psychology	3	HDPE 267	
Science Elective	BCHM	340	General Biochemistry	5	BIOL 207/208 + (CHEM 215 or CHEM 312)
	BCHM	442	Matabolic Regulation	3	BCHM 340
	BIOL	301	Principles of Genetics	3	BIOL 102 or MB 301
	BIOL	310	Comparative Vertebrate Anat.	4	BIOL 101
	BIOL	402	Advanced Cell & Mol Biology	3	BIOL 301 + BCHM 340
	BIOL	410	Dissection Anat. Human Extrem	3	BIOL 207 + BIOL 208, both w/>>C grades
	BIOL	411	Animal Physiology	3	BIOL 102 + (CHEM 215 or CHEM 311 or
	BIOL	413	Neurophysiology	3	BCHM122)
	CHEM	311	Organic Chemistry I	4	BIOL 207 or BIOL 411
	CHEM	312	Organic Chemistry II	4	CHEM 132 or CHEM 142
	CHEM	323	Physical Chemistry I	3	CHEM 311
	CHEM I	324	Physical Chemistry II	3	See MSU course catalog
	I & ME	313	Work Design and Analysis	3	CHEM 323
I & ME	413	Ergonomics and Safety I	3	COM 110 + ENGL 121	
MB	301	Microbiology	4	I & ME 313 BIOL 102 + (CHEM 215 or CHEM 311)	
Social Science Elective	PHIL	322	Ethics	3	Previous PHIL course
	PHIL	338	Bio-Medical Ethics	3	Previous PHIL course
	PHIL	378	Philosophy of Science	3	Previous PHIL course
	PHIL	388	Philosophy of Technology	3	Previous PHIL course
	PSY	301	Physiological Psychology	3	PSY 100+ (BIOL 100 & 102 or BCHM 104)
	PSY	332	Behavior Modification	3	PSY 282 or PSY 341
	PSY	341	Learning and Motivation	3	PSY 100
	PSY	361	Memory and Cognition	3	PSY 100
	PSY	382	Abnormal Psychology	3	PSY 100