**EXERCISE SCIENCE - APPLIED B.S.**

**Bachelor of Science - Health & Human Performance; Exercise Science - Applied Concentration**

**Degree Specific Credits:** 105

**Required Cumulative GPA:** 2.0

**Catalog Year:** 2017-2017

### General Education Requirements

Information regarding these requirements can be found in the General Education Section (http://catalog.umt.edu/academics/general-education-requirements) of the catalog.

### Summary

| Lower Division Departmental Required Courses | 13 |
| Outside Major Lower Division Required Courses | 38-41 |
| Upper Division Departmental Required Courses | 22-25 |
| Outside Major Upper Division Required Courses | 8 |
| Elective Courses | 18 |
| **Total Hours** | 99-105 |

#### Lower Division Departmental Required Courses

**Rule:** All courses are required.

**Note:** Students should take ECP 120, ECP 121 within two years of graduation, in order to ensure current certification. Students may substitute outside Emergency Medical Responder Certification for these courses.

- ECP 120: Emergency Medical Responder Lecture (3)
- ECP 121: Emergency Medical Responder Lab (1)
- KIN 201: Basic Exercise Prescription (3)
- KIN 205: Foundations of HHP (3)
- NUTR 221N: Basic Human Nutrition (3)

| Total Hours | 13 |

**Minimum Required Grade:** C-

#### Outside Major Lower Division Required Courses

**Rule:** All courses are required.

**Note:** Students interested in Medical School should pay special attention to those additional requirements. Please meet with the Medical School Adviser in the HHP Department if you intend to also major in Pre-Medical studies.

- BIOB 160N: Principles of Living Systems (3)
- BIOB 161N: Prncpls of Living Systems Lab (1)

#### Outside Major Upper Division Required Courses

**Rule:** All courses are required.

**Note:** It is strongly recommended that students take either BIOH 112 OR BIOH 113 OR BIOB 160N prior to taking Anatomy and Physiology.

| CHMY 121N: Introduction to General Chemistry | 3 |
| CHMY 123: Introduction to Organic and Biochemistry | 3 |
| CHMY 141N: College Chemistry I | 4 |
| COMX 111A: Intro to Public Speaking | 3 |

Select one of the following: 4-6

- M 151: Precalculus
- M 121: College Algebra
- M 122: and College Trigonometry
- PHSX 205N: College Physics I
- PHSX 206N: College Physics I Laboratory
- PSYX 100S: Intro to Psychology

Select one of the following: 3-4

- STAT 216: Introduction to Statistics
- PSYX 222: Psychological Statistics (must be pre-approved by advisor)
- SOCI 202: Social Statistics (must be pre-approved by advisor)
- WILD 240: Intro to Biostatistics (must be pre-approved by advisor)
- EDU 421: Statistical Procedures in Educ (must be pre-approved by advisor)
- WRIT 101: College Writing I (3)

Select one of the following: 3

- WRIT 121: Intro to Technical Writing
- WRIT 201: College Writing II
- WRIT 222: Technical Approach to Writing

| Total Hours | 38-41 |

**Minimum Required Grade:** C-

#### Upper Division Departmental Required Courses

**Rule:** All courses are required.

**Note:** Students take KIN 498 for 3 to 6 credits.

- HTH 475E: Legal and Ethical Issues Health and Exercise Professions (3)
- KIN 320: Exercise Physiology (3)
- KIN 321: Exercise Physiology Lab (1)
- KIN 330: Motor Learning and Control (3)
- KIN 425: Biomechanics (3)
- KIN 447: Analytical & Communicative Techniques (3)
- KIN 498: Internship (3-6)
- NUTR 411: Nutrition For Sports & Exercise (3)

| Total Hours | 22-25 |

**Minimum Required Grade:** C-
Exercise Science - Applied B.S.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>BIOH 365</td>
<td>Human AP I for Health Profsns</td>
<td>4</td>
</tr>
<tr>
<td>BIOH 370</td>
<td>Human AP II for Health Profsns</td>
<td>4</td>
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<td></td>
<td><strong>Total Hours</strong></td>
<td><strong>8</strong></td>
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Minimum Required Grade: C-

**Elective Courses**

**Rule:** Electives require adviser pre-approval.

**Note:** Electives require adviser pre-approval.

Students may use any pre-approved Math and Science Elective courses in this category. At least 3 must be Upper Division Credits. Special care should be taken if BIOH 201N/BIOH 202N and BIOH 211N/BIOH 212N were used for Anatomy and Physiology requirements, as more Upper Division Credits may need to be used in this category.

Minimum Required Grade: C-

18 Total Credits Required