

HEALTH ENHANCEMENT, INTEGRATIVE PHYSIOLOGY B.S.

The Health Enhancement concentration of the Integrative Physiology and Athletic Training major is for students who will instruct physical education and health classes within a K-12 primary/secondary education system. Comprehensive training includes coursework in education and pedagogy in addition to specific work related to exercise, physical education, and health related content knowledge. Foundational teaching concepts are provided through primary and secondary health enhancement coursework and theory and practice in community health education. Topical knowledge is provided by the courses, motor control/learning, and exercise physiology. This curriculum is thematically related to lifestyle medicine and *Exercise is Medicine*, including basic nutrition, personal health and wellness, promotion of wellbeing in K-12 classrooms, program planning in community health, and foundations of health and human performance. Aspects of coaching, exercise programming, and professional development are provided through coursework in strength training and conditioning, basic exercise prescription, prevention and care of athletic injuries, and legal and ethical issues in health and exercise professions.

Bachelor of Science - Integrative Physiology; Health Enhancement Concentration

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

| Code | Title | Hours |
|-----------------------------------------------|-------|--------------|
| Lower-Division Departmental Required Courses | | 15 |
| Outside Major Lower-Division Required Courses | | 13-14 |
| Upper-Division Departmental Required Courses | | 34 |
| Outside Major Upper-Division Required Courses | | 8 |
| Total Hours | | 70-71 |

Degree Specific Credits: 70-71

Required Cumulative GPA: 2.0

Note: Students must take all core and elective courses from the University of Montana's curriculum, but can receive credit for transfer courses upon approval of IPAT advisor.

Lower-Division Departmental Required Courses

| Code | Title | Hours |
|-----------------------------------------------|------------------------------|-------|
| Complete all of the following courses: | | |
| HTH 110 | Personal Health and Wellness | 3 |

| | | |
|--------------------|-------------------------------------------|-----------|
| AHAT 210 | Prevention and Care Athletic Injuries | 2 |
| AHAT 213 | Prevention and Care Athletic Injuries Lab | 1 |
| KIN 201 | Basic Exercise Prescription | 3 |
| KIN 205 | Foundations of HHP | 3 |
| NUTR 221N | Basic Human Nutrition | 3 |
| Total Hours | | 15 |

Minimum Required Grade: C-

Outside Major Lower-Division Required Courses

| Code | Title | Hours |
|-----------------------------------------------|-----------------------------------------------------------------------|--------------|
| Complete all of the following courses: | | |
| CHMY 121N | Introduction to General Chemistry | 4 |
| COMX 111A | Introduction to Public Speaking | 3 |
| PSYX 100S | Intro to Psychology | 3 |
| Complete one of the following: | | 3-4 |
| STAT 216 | Introduction to Statistics | |
| PSYX 222 | Psychological Statistics (must be pre-approved by advisor) | |
| EDU 421 | Statistical Procedures in Education (must be pre-approved by advisor) | |
| Total Hours | | 13-14 |

Minimum Required Grade: C-

Upper-Division Departmental Required Courses

| Code | Title | Hours |
|-----------------------------------------------|----------------------------------------------------------|-----------|
| Complete all of the following courses: | | |
| CHTH 355 | Theory and Practice of Community Health Education | 3 |
| CHTH 445 | Program Planning in Community Health | 4 |
| EDU 360 | Promoting Wellbeing in P-12 Classrooms | 2 |
| HEE 301 | Methods of Secondary HE | 3 |
| HEE 302 | Methods of Instructional Strategies in Elementary PE | 3 |
| HTH 475E | Legal and Ethical Issues Health and Exercise Professions | 3 |
| KIN 310 | Strength Training & Cond | 2 |
| KIN 320 | Exercise Physiology | 3 |
| KIN 321 | Exercise Physiology Lab | 1 |
| KIN 322 | Kinesiology | 3 |
| KIN 323 | Anatomical Kinesiology Lab | 1 |
| KIN 330 | Motor Learning and Control | 3 |
| KIN 447 | Analytical & Communicative Techniques | 3 |
| Total Hours | | 34 |

Minimum Required Grade: C-

Outside Major Upper-Division Required Courses

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

| Code | Title | Hours |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------|
| Complete one of the following Anatomy and Physiology Sequences: | | 8 |
| University of Montana - Mountain Campus | | |
| BIOH 365 & BIOH 366 | Human Anatomy and Physiology for Health Professions I and Human Anatomy and Physiology for Health Professions I Laboratory | |
| BIOH 370 & BIOH 371 | Human Anatomy and Physiology for Health Professions II and Human Anatomy and Physiology for Health Professions II Laboratory | |
| Missoula College | | |
| BIOH 201N & BIOH 211N | Human Anatomy & Physiology I and Human Anatomy and Physiology II | |
| Total Hours | | 8 |

Minimum Required Grade: C-