

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.

General Degree Requirements

To earn a baccalaureate degree, all students must complete successfully, in addition to any other requirements, the University of Montana General Education Requirements. Please refer to the General Education Requirements page (<https://catalog.umt.edu/academics/general-education-requirements/>) for more information.

Additional requirements for graduation can be found on the Degree/Certificate Requirements for Graduation page (<https://catalog.umt.edu/academics/graduation-requirements/>).

Unless otherwise noted in individual program requirements, a minimum grade point average of 2.00 in all work attempted at the University of Montana-Missoula is required for graduation. Please see the Academic Policies and Procedures page (<https://catalog.umt.edu/academics/policies-procedures/>) for information on how your GPA is calculated.

Courses taken to satisfy the requirements of a major, minor, or certificate program must be completed with a grade of C- or better unless a higher grade is noted in the program requirements.

BACHELOR OF SCIENCE - INTEGRATIVE PHYSIOLOGY; HEALTH ENHANCEMENT CONCENTRATION

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.

Course Requirements

Code	Title	Hours
Lower-Division Departmental Required Courses		
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

Outside Major Lower-Division Required Courses

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)	

Upper-Division Departmental Required Courses

Complete all of the following courses:		
CHTH 355	Health Promotion Practice	3
CHTH 445	Program Planning in Community Health	3
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
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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

Outside Major Upper-Division Required Courses ¹

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	
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Total Hours 69-70

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