

HEALTH AND HUMAN PERFORMANCE DEPARTMENT

Scott Richter, Chair

Vision

Health and Human Performance Professionals

Creating a Healthy, Progressive Global Community

Mission

In pursuit of our vision, the Department of Health and Human Performance (HHP) prepares quality graduates to be ethical and competent entry level professionals in health and human performance related occupations or candidates for advanced study in related disciplines. Within the liberal arts tradition of the University of Montana and the mission of the College of Education and Human Sciences, the Department of Health and Human Performance engages in professional education, scholarly activity, and meaningful public service. The department emphasizes mental, social, spiritual, and physical dimensions of health to promote healthy lifestyle choices and enhanced quality of life.

The Health and Human Performance Department has established the following goals in support of our vision and mission:

- **Promote** an understanding and appreciation for the scope of the profession
- **Enhance** student awareness of the departmental mission and goals
- **Coordinate** student development of the basic skills germane to effective practice as health and human performance professionals or successful pursuit of advanced studies
- **Cultivate** higher-order thinking skills that increase student involvement and interest in their own learning, promoting a lifelong quest for knowledge
- **Nurture** cognition of the multiple dimensions of health (physical, intellectual, emotional, spiritual, social and environmental)
- **Advocate** respect for the uniqueness and dignity of others.

Undergraduate students major in Health & Human Performance (HHP). HHP majors choose from one of the following five concentrations:

1. Community Health and Prevention Sciences (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-community-health-prevention-sciences>),
2. Exercise Science Applied (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-exercise-science-applied>),
3. Exercise Science Pre-Athletic Training (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance>),
4. Exercise Science Pre-Professional (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-exercise-science-preprofessional>), or

5. Health Enhancement (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-health-enhancement>) .

The **Community Health and Prevention Sciences concentration** prepares students with knowledge and skills related to assessing individual and community needs prior to planning, implementing, and evaluating programs designed to encourage healthy lifestyles and environments. Individuals who will be most successful in the community health option are those who are deeply interested in the interrelationship among all aspects of health (social, emotional, mental, spiritual and physical) and in the life and behavioral sciences. In addition, success in this field requires imagination and creativity in applying scientific knowledge to strategies for individual and community change through a wide range of educational, environmental and political approaches. Graduates of this program will be prepared to take the National Certification Exam for Health Education Specialists.

There are three options **Exercise Science**:

- Pre-Professional,
- Applied, and
- Pre-Athletic Training.

The **Pre-Professional concentration** is for students planning to continue on in higher education and is designed to provide students with an in-depth science background and prepares students for post-baccalaureate study in exercise physiology and related health sciences such as medical school, physical therapy, physician's assistant, athletic training, occupational therapy or other medical programs. There are adequate electives in this program for most students to complete the required pre-requisite courses for graduate health science degrees. Successful graduates of this option should possess the knowledge and skills to qualify for the American College of Sports Medicine Certified Clinical Exercise Physiologist certification (requires additional clinical hours).

The **Applied concentration** is designed to prepare students for jobs as strength and conditioning coaches, athletic coaches, personal trainers, elderly services providers, corporate wellness personnel and directors, fitness center directors and other fitness related jobs or graduate studies in Exercise Science. Successful graduates of this track should possess the knowledge and skills to qualify for the American College of Sport Medicine Certified Exercise Physiologist certification and/or National Strength and Conditioning Association Certified Strength and Conditioning Specialist.

The **Pre-Athletic Training concentration** is designed for students interested in applying for the Master's in Athletic Training Program (see information below).

The **Health Enhancement** concentration prepares students to use a variety of educational strategies designed to facilitate the adoption of healthy behaviors in K-12 students. Upon acceptance into the College of Education and Human Sciences, and successful completion of the course requirements, students will be eligible for a Montana K-12 teaching license. See Admission Policies below.

The **Master's in Athletic Training** Program prepares competent entry-level athletic trainers for employment in educational and clinical settings or post-graduate study. The Athletic Training curriculum is designed to help students develop competency in evidence based medicine, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration and professional development and

responsibility. Successful graduates should possess the knowledge and skills to qualify for the Board of Certification Examination.

The graduate curriculum in Health and Human Performance at the University of Montana prepares post-graduates to become effective health and human performance professionals or competitive candidates for advanced study in related disciplines through a comprehensive program of study and guided research. Development of the following is considered essential in achieving a graduate degree:

1. Oral and written communication skills,
2. An understanding of current research literature in one's chosen specialization and the independent pursuit of learning beyond the confines of curricular requirements,
3. Appropriate technological skills,
4. Ability to design, conduct, and report research in a scholarly fashion,
5. Personal characteristics, sense of responsibility, and professional behavior requisite for effective functioning as an advanced health and human performance professional.

Graduate concentrations include:

- Exercise Science,
- Community Health and Prevention Sciences,
- Athletic Training and
- a generalist degree in Health and Human Performance.

For more information regarding the department's graduate program refer to either:

The University of Montana Graduate Programs and Admissions catalog (<http://www.umt.edu/grad>) : <http://www.umt.edu/grad/>

The College of Education and Human Sciences Graduate website (http://coehs.umt.edu/departments/hhp/graduate_programs/default.php) : http://coehs.umt.edu/departments/hhp/graduate_programs/default.php

Activity Classes

The HHP department also provides a large activity program (ACT classes numbered 100-287, ACTV 189 and HHP 170) which includes instruction in a wide variety of individual, team, recreational, and fitness activities. Goals of this program include helping students:

1. Develop and maintain long-term health-related fitness,
2. Develop motor performance skills that facilitate regular and continuous participation in physical activity, and
3. Develop the adult "inner athlete" who continually strives to reach optimal potential through involvement in challenging endeavors.

Any University of Montana student may elect to apply up to four credits toward a baccalaureate degree. For descriptions of the activity classes offered, refer to the website at http://coehs.umt.edu/departments/hhp/activity_classes/default.php.

Special Degree Requirements

Refer to graduation requirements (<http://catalog.umt.edu/past-catalogs/2017-2018/academics/graduation-requirements>) in the catalog. See index.

Students must fulfill the requirements listed below. All HHP majors must earn a minimum grade of a C- in all required courses, including

prerequisites, except for special cases of higher requirements in Athletic Training and Health Enhancement noted below. In-department and out-of-department courses specifically listed in this catalog as requirements for Health and Human Performance majors must be taken for a traditional letter grade.

The University of Montana symbolic systems requirement is met by completing one of the following statistics courses and any pre-requisite courses:

STAT 216	Introduction to Statistics	4
PSYX 222	Psychological Statistics	3
SOCI 202	Social Statistics	3
WILD 240	Intro to Biostatistics	3
EDU 421	Statistical Procedures in Educ	3

All options must meet this requirement.

Admission Policies for Health Enhancement Option

The Health Enhancement option is designed for individuals who wish to teach in K-12 school systems. Application for admission to the College of Education must be made (refer to <http://coehs.umt.edu/departments/hhp/default.php>). Applications are accepted twice a year; however, the number of students admitted into the program is limited. Application is made no sooner than after the completion of 30 hours of course work. A cumulative GPA of 2.75 is necessary for application.

To successfully complete the program in Health Enhancement, a student must receive a grade of C (2.00) or above in every course in the following areas:

- teaching major,
- professional education courses,
- a drug abuse course,
- PSYX 100S, WRIT 101, and EDU 481. These courses must be taken as a traditional letter grade.

Admission Policies for the Masters in Athletic Training Degree Program Athletic Training Program (ATP)

The University of Montana-Missoula offers an accelerated entry level Master's in Athletic Training program housed within the Health and Human Performance Department. The program meets the standards established by the Commission on Accreditation of Athletic Training Education (CAATE). The Master's in AT Program was granted CAATE accreditation in 2015. The ATP is a demanding curriculum which requires dedication and commitment. Upon completion there are a variety of professional career opportunities.

The University of Montana offers an accelerated Master's in Athletic Training Program. This program allows students to take three years of pre-requisite courses and general education requirements, followed by 2 years full time in a Master's in Athletic Training program, including summers. There are two ways in which a student may attain a Master's Degree in Athletic Training:

Option 1: A five-year program in which students earn a Bachelor of Science Degree in Health and Human Performance and a Master's Degree in Athletic Training.¹

Option 2: A two-year master's program designed for students who already have a baccalaureate degree.

Upon completion of the Master's in Athletic Training Program, students will be eligible to sit for the Board of Certification (BOC) Exam.

¹ Both the Bachelor's degree and Master's degree will be officially awarded at the time of graduation.

Following are the requirements for application, admission, and retention of the Athletic Training Program (ATP). Academic advisors are available to assist students with this interesting and challenging professional program.

Admission. Students who desire admission into the Master's in Athletic Training Program must submit a formal application. This application must be submitted by the deadline (February 1st) prior to your proposed admission into the professional program. If the application deadline falls on a weekend, applications may be submitted the next business day by 5pm. Applications received after the deadline will be considered on a rolling admissions basis if available slots exist.

A review board consisting of the Athletic Training Program Director, Clinical Director, Preceptors, professional students and possibly other professionals, will evaluate each student applying for admission to the professional program. Formal notification of admission to the Master's program will be made in writing.

Candidates who are NOT admitted to the program will also receive written notification of this decision. Students may be selected as alternates and if a vacancy should become available prior to summer semester, these students will be informed. Not all qualified candidates may be admitted to the Master's program due to limited enrollment in clinical experiences.

For more information on applying to the professional program, please go to the website (<http://coehs.umt.edu/umat/applications.php>) at: <http://coehs.umt.edu/umat/applications.php>.

ADMISSION REQUIREMENTS FOR PROFESSIONAL ATHLETIC TRAINING PROGRAM (ATP)

1. Students must apply and be accepted to the University of Montana's Graduate School website (<http://www.umt.edu/grad/Apply/Graduate%20Degree%20Admission.php>) <http://www.umt.edu/grad/Apply/Graduate%20Degree%20Admission.php>
2. Students must have a minimum GPA of 3.0 for all college coursework (a GPA below 3.0 may be considered)
3. Completed pre-requisite courses (students may be enrolled in pre-requisite courses at time of application)
4. Official transcript(s) of all college coursework

Professional ATP

As a student in the Athletic Training Program at the University of Montana, students must meet the following retention standards:

- Enroll as a full-time student (unless approved by Program Director)
- Maintain a cumulative grade point average of 3.0 or higher

- Achieve no more than 2 "C" grades in graduate courses
- Achieve satisfactory evaluations in each Clinical Phase before progressing
- Successfully complete coursework in the sequence indicated by the program of study unless approved by Athletic Training Program Director
- Abide by the Code of Ethics of the University and those established by the National Athletic Trainers' Association

Students are expected to complete at least 20 hours every two weeks and a maximum of 60 hours in two weeks and many of those hours may be during evenings and weekends. Students who fail to meet the retention criteria will be placed on probation in the Athletic Training Program for a maximum of two semesters. This may limit progress of course sequencing and clinical phases. If standards are not met by the end of the probationary period, the student will be dismissed from the Athletic Training Program. Students who are placed on probation may require remediation as deemed appropriate by the Program Director.

For further information on clinical education requirements, please visit the athletic training website.

Additional Costs Associated with ATP Program

There will be additional costs (above tuition and fees) for the clinical rotations.

- Program fee: there is an additional fee of \$925/semester in addition to regular tuition of fees. This fee will help cover the cost of lab equipment, accreditation costs, adjunct teaching, and software.
- Other costs may include, but are not limited to:
 - Criminal Background Check (\$55),
 - Initial NATA Membership Fee (approximately \$60),
 - Polo Shirts (\$30), and
 - Medical Pack/Kit (\$30).

Transportation is needed for all off-campus clinical sites. Each student will have a minimum of one off-campus site.

General HHP Program Requirements

First Aid and CPR Exit Certifications

All Health and Human Performance students are required to have the appropriate certification in first aid/emergency care and CPR at graduation. The following certifications will meet this competency:

Any one of the following current first aid/emergency care certifications:

- American Academy of Orthopedic Surgeons (AAOS) - Emergency Medical Responder
- National Safety Council Level - First Responder
- Wilderness First Responder
- American Heart Association - First Responder

Plus one of the following CPR certifications:

- American Heart Association (Health Care Provider)
- American Red Cross (Professional Rescuer)

Or Certification as an Emergency Medical Technician

Health and Human Performance students may use available elective credits to take ECP 120/ECP 121 to meet this competency, or they may

elect to fulfill the competency through one of the department approved agencies. Academic credit for ECP 120/ECP 121 will not be awarded for certifications earned at off-campus approved agencies other than the Health and Human Performance Department at the University of Montana.

Upper-division Writing Expectation

The HHP Department offers three upper-division writing courses to fulfill the General Education writing requirements; KIN 447, AHAT 342 and HEE 301. Exercise Science and Community Health and Prevention Sciences students are required to complete KIN 447 or AHAT 342, and Health Enhancement students are required to complete HEE 301.

Undergraduate students must complete requirements for a minimum of one of the options listed below. The typical student may take more than four years to complete these requirements, especially in the Health Enhancement option.

Undergraduate

- Health & Human Performance B.S., Community Health & Prevention Sciences Concentration (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-community-health-prevention-sciences>)
- Health & Human Performance B.S., Exercise Science - Applied Concentration (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-exercise-science-applied>)
- Health & Human Performance B.S., Exercise Sciences - PreProfessional Concentration (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-exercise-science-preprofessional>)
- Health & Human Performance B.S., Health Enhancement Concentration (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/bs-health-enhancement>)

Undergraduate Certificate

- Health Behavior Coaching Professional Certificate (<http://catalog.umt.edu/past-catalogs/2017-2018/colleges-schools-programs/education-human-sciences/health-human-performance/cert-health-behavior-coaching>)