

Jumpstart Pathway

Exercise Science, Applied Health and Safety Science – Transfer to Montana Tech University

Associate of Science

Academic & Career Pathway: Science, Technology, Engineering and Math and Health Sciences

Student:

Advisor:

Course/Semester (Prefix, Number and Title)		Credits	Fall/Spring Only	Milestone Course	Notes	Completed
Semester 1 Fall						
M 171	Calculus	4				
BIOB 160	Principles of Living Systems	4	Fall	*	MT Tech required course	
Total		8				
Semester 2 Spring						
STAT 216 or CAPP 131	Introduction to Statistics or Basic MS Office	3			One course needed for HC degree, both courses needed for MT Tech degree. Students can take both courses at HC if desired. CAPP 131 is a spring only course.	
CHMY 121	Intro to General Chemistry with Lab	4			MT Tech required course	
Total		7				
Semester 3 Fall						
WRIT 101	College Writing I	3				
CHMY 141	College Chemistry I with lab	4			MT Tech required course	
Total		7				
Semester 4 Spring						
PSYX 100	Introduction to Psychology	3			MT Tech required course, course offered every fall, spring, and summer semester	
CHMY 123	Intro to Organic and Biochemistry & Lab	4	Spring		MT Tech required course	
Total		7				
Semester 5 Summer						
COMX 111	Intro to Public Speaking	3			MT Tech required course, course offered every fall, spring, and summer semester	
Total		3				
Semester 6 Fall						

PSYX 230 or ECNS 201/202	Developmental Psychology or Principles of Micro or Macro Economics	3	PSYX 230 fall only		One course needed for HC degree, but both courses are needed for Mt Tech degree. Students can take both at HC if desired. Students can take ECNS 201 or 202, both courses offered on rotation fall, spring, and summer semester.
BIOH 201	Anatomy and Physiology I	4		*	MT Tech required course
Total		7			
Semester 7 Spring					
BIOH 211	Anatomy and Physiology II	4		*	MT Tech required course
NASX 105	Intro to Native American Studies	3			D & CHAI. Course offered fall, spring, and summer.
Total		7			
Semester 8 Fall					
PHL 110 Intro to Ethics, SPNS 101 Elementary Spanish I, or SPNS 102 Elementary Spanish II		3-4			H&FA courses shown meet core requirements at both HC and MT Tech.
PHSX 205	College Physics I & Lab	4	Fall		
Total		7-8			
Semester 9 Spring					
PHL 110 Intro to Ethics, SPNS 101 Elementary Spanish I, or SPNS 102 Elementary Spanish II		3-4			H&FA courses shown meet core requirements at both HC and MT Tech.
PHSX 207	College Physics II & Lab	4	Spring		
Total		7-8			
Optional Semester 10 Summer					
BIOB 290*	Independent Research	2*	*optional		Available any semester; preferred after first year

****Students must earn a C- or better in order to successfully complete a course.***

Career outlook:

Nearly all graduates have rewarding careers as health, safety and fitness professionals or in the medical field. The science-based curriculum emphasizes health, wellness, exercise physiology, and occupational health and safety. Many Exercise and Health Science students go on to graduate school in a variety of fields such as industrial hygiene, exercise

physiology; and in medical fields such as physical therapy, occupational therapy, physician’s assistant, and medical doctor. Capabilities for Exercise and Health Science professionals include developing, implementing, and evaluating health and safety programs; working in health, fitness, performance enhancement and wellness capacities; or attending graduate school.

Mt Tech degree info https://catalog.mtech.edu/preview_program.php?catoid=11&poid=2067

60-62 credits for degree.

Students that complete the Helena College General Education Core will earn a Certificate of General Studies.

Certificate of General Studies		
Category	Credits	Complete
Natural Science with Lab		
Natural Science		
Mathematics		
Written Communication		
Oral Communication		
Social & Psychological Sciences/History		
Social & Psychological Sciences/History		
Humanities/Fine Arts		
Humanities/Fine Arts		
Cultural Diversity		
Total Credits (30-32)		