

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				
WRIT 101	College Writing I	3				
BIOB 160	Principles of Living Systems	4	Fall	*	MT Tech required course	
CHMY 121	Intro to Gen. Chemistry & Lab	4			MT Tech required course	
Total		15				
Semester 2 Spring						
STAT 216 or CAPP 131	Introduction to Statistics or Basic MS Office	3			One course needed for HC degree, but both courses are needed for Mt Tech degree. Students can take both at HC if desired. CAPP 131 is a spring only course.	
CHMY 123	Intro to Organic and Biochemistry & Lab	4	Spring		Mt Tech required course	
SPNS 101 or PHL 110	Elementary Spanish I or Intro to Ethics	3-4			H&FA courses shown meet core requirements at both HC and MT Tech.	
PSYX 100	Introduction to Psychology	3			Mt Tech required course, offered fall spring, and summer semester.	
COMX 111	Intro to Public Speaking	3			MT Tech required course, course offered fall, spring, and summer semester.	
Total		16-17				
Semester 3 Fall						
PSYX 230 or ECNS 201/202	Developmental Psychology or Principles of Microeconomics	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.	
PHSX 205	College Physics I & Lab	4	Fall			
BIOH 201	Anatomy and Physiology I	4		*	MT Tech required course	
CHMY 141	College Chemistry I	4	Fall		MT Tech required course	
Total		15				
Semester 4 Spring						
PHL 110 Intro to Ethics, SPNS 101 Elementary Spanish I, or SPNS 102 Elementary Spanish II		3-4			H&FA courses meet core requirements at both HC and MT Tech.	
BIOH 211	Anatomy and Physiology II	4		*	MT Tech required course	
PHSX 207	College Physics II & Lab	4				
NASX 105	Intro to Native American Studies	3			D & CHAI, course offered every fall, spring, and summer semester.	
Total		14-15				
Optional						
BIOB 290*	Independent Research	2*	*optional		Available any semester; preferred after 1 st 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.

60-61 credits to 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)		