



**Health & Human Performance**  
**Allied Health, Health & Physical Education (Teaching Option),**  
**Wellness & Fitness Training**  
**Associate of Science (AS) Degree Program**  
 Division of Education & Health Sciences

**Dee Hoyt, MEd, Division Chair**

Blackfeet Community College provides students the opportunity to receive formal instruction in a variety of courses and academic disciplines leading to completion of both the general education and professional core program requirements. The Health and Human Performance program is intended to introduce students for careers that are dedicated to the enrichment of the human well-being. These rewarding career opportunities are available to the students who are seeking health career professions in private, educational and public settings. Specific areas of study include personal health, community health, nutrition, exercise, wellness, fitness and education. The basic concept is promoting and educating children, family, school and community on living a healthier lifestyles.

HHP program has been designed specifically to 1) meet the needs of students seeking a degree as a para-educator; to become a teacher's aide or classroom assistant, youth coaches, community health fitness wellness coordinators 2) provide a preliminary education experience that will transfer to a baccalaureate degree in Health and Physical Education, Early Childhood Family & Consumer Science teacher program.

HHP program is dedicated to providing authentic learning opportunities for pre-service teachers to become thinking, caring and reflective practitioners who are committed to ongoing Education/Health professional development. The learning environment maintained and provides opportunities for students to interact with other scholars (such as college instructors, classroom teachers, and students), encourage inquiry, develop critical thinking strategies, solve complex problems, and build effective communication skills.

The Learning Outcomes from the Health & Human Performance degree program are as follows:

- ▣ Perform communication skills needed in the school and community environment.
- ▣ Understand the purpose, role and scope of disease, wellness and health sciences programs.
- ▣ Incorporate Blackfeet language, history, and culture into lesson plans.
- ▣ Describe the purpose, role and scope of K-12 health/education in the U.S.
- ▣ Recognize the physical, cognitive and social-emotional stages of development of children and adolescents.
- ▣ Value concepts of good health and wellness important in the education/health profession.
- ▣ Demonstrate the principles of health related topics in all areas.
- ▣ Apply, research, implement techniques, communication skills used in the education/ health profession.
- ▣ Complete coursework to transfer to a four-year institution.

Student will need to complete the general education core on page 11-2 and the Health & Human Performance requirements as outlined in the appropriate Emphasis as listed below. Other Health Related Emphasis such as; Pre-Nursing; Pre-Pharmacy; Pre-Physical Therapy; Pre-Dental Hygiene are listed in Science and Math.

CORE 7 – Allied Health			30 Credits Required			
Course #	Name of Course	Offered	Credits	Semester Taken	Grade	
BIOH 201	Human Anatomy & Physiology I	Fall	3			
BIOH 202	Human Anatomy & Physiology I Lab	Fall	1			
BIOH 211	Human Anatomy & Physiology II	Spring	3			
BIOH 212	Human Anatomy & Physiology II Lab	Spring	1			
BIOM 250	Microbiology for Health Sciences	Spring	3			
BIOM 251	Microbiology for Health Sciences Lab	Spring	1			
CHMY 123	Introduction to Organic & Biochemistry	Spring	3			
CHMY 124	Introduction to Organic & Biochemistry Lab	Spring	1			



<b>CORE 7 – Allied Health (Continued)</b>				<b>30 Credits Required</b>	
<b>Course #</b>	<b>Name of Course</b>	<b>Offered</b>	<b>Credits</b>	<b>Semester Taken</b>	<b>Grade</b>
HHP 290	Internship Health Research	Spring	3		
PHL 110	Ethics	Fall	3		
PSYX 100	Introduction to Psychology	Every	3		
PSYX 230	Developmental Psychology	Fall	3		
STAT 216	Introduction to Statistics	Every	4		
<b>Total Core 7 Credits In Allied Health To Be Completed By Student</b>			<b>30</b>		
<b>CORE 7 – Health &amp; Physical Education (Teaching Option)</b>				<b>30 Credits Required</b>	
ACT	Choose All Activity Classes		5		
BIOH 201	Human Anatomy & Physiology I	Fall	3		
BIOH 202	Human Anatomy & Physiology I Lab	Fall	1		
BIOH 211	Human Anatomy & Physiology II	Spring	3		
BIOH 212	Human Anatomy & Physiology II Lab	Spring	1		
EDU 200	Intro to Education	Fall	3		
EDU 201	Education Field Experience	Spring	1		
EDUC 115	Computers in Education	Spring	3		
HHP 223	Personal, Community & School Health Issues	Fall/Spr	3		
HHP 243	Foundations of HPE	Fall	3		
HHP 245	1 <sup>st</sup> Aid & CPR	Every	1		
HHP 246	Sport Injury	Every	1		
HHP 290	Internship Health Research	Spring	3		
PSYX 230	Developmental Psychology	Fall	3		
<b>Total Core 7 Credits In Health &amp; Physical Ed To Be Completed By Student</b>			<b>30</b>		
<b>CORE 7 – Wellness &amp; Fitness Training</b>				<b>30 Credits Required</b>	
ACT	Choose from Activity Classes		6		
BIOH 201	Human Anatomy & Physiology I	Fall	3		
BIOH 202	Human Anatomy & Physiology I Lab	Fall	1		
HHP 223	Personal, Community & School Health Issues	Fall/Spr	3		
HHP 235	Principles of Health & Wellness	Fall	3		
HHP 240	Intramural & Recreational Activities	Spring	3		
HHP 245	1 <sup>st</sup> Aid & CPR	Every	1		
HHP 246	Sport Injury	Every	1		
HHP 251	Fitness Instructor Techniques	Fall	3		
HHP 290	Internship Health Research	Spring	3		
PSYX 230	Developmental Psychology	Fall	3		
<b>Total Core 7 Credits In Wellness &amp; Fitness Training To Be Completed By Student</b>			<b>30</b>		