Health and Human Development

The Department of Health and Human Development (http://www.montana.edu/hhd) prepares students for careers that are dedicated to the enrichment of human well-being. Consequently, rewarding career opportunities are available to graduates within education and human service professions in private and public settings. Specific areas of study include community health, dietetics/nutrition science, exercise science/kinesiology, early childhood education and child services, and family and consumer sciences. Students interested in teaching can pursue programs in family and consumer sciences 5-12 and health enhancement K-12 (health and physical education).

Health and Human Development offers masters degrees with options in counseling, including marriage and family counseling, mental health counseling, and school counseling; family and consumer sciences, including early childhood education; family financial planning; exercise and nutrition sciences; and food, family and community health. See the graduate catalog for additional information on graduate Health and Human Development programs.

In addition to the career options, the department offers recreational activity courses in billiards, bowling, skiing, and snowboarding. Physical activity courses are offered as a service to the general student population with no prerequisite. User fees vary depending on the activity. Each student enrolling in an activity course will be asked to sign an activity course waiver and release form.

Mission Statement

The Department of Health and Human Development (http://www.montana.edu/hhd) strives to enrich human well-being through teaching, research, and outreach.

Degrees and Options

The department offers six Bachelor of Science degrees. They include a B.S. in Community Health; a B.S. in Early Childhood Education and Child Services; a B.S. in Family and Consumer Sciences with Teaching (5-12) or Non-Teaching options; a B.S. in Food and Nutrition with options in Dietetics, Nutrition Science; a B.S. in Health Enhancement K-12 (health and physical education teaching); and a B.S. in Health and Human Performance with options in Exercise Science or Kinesiology. For students who wish to pursue an interdisciplinary B.S. in Sustainable Food and Bioenergy Systems, the department offers an option in Sustainable Food Systems.

The department offers a Master of Science in Health and Human Development with options in Counseling (including marriage and family counseling and mental health counseling); Family and Consumer Sciences (including early childhood education); Family Financial Planning; Exercise and Nutrition Sciences (including exercise physiology and nutrition an sport and coaching sciences); and Food, Family and Community Health (including sustainable food systems and family and community health).

The department offers a Master of Education in School Counseling.

Minor Fields of Study

Minors provide a concentration of courses outside the student’s major and are intended to complement major course work. The minor is posted on the student’s transcript. Non-teaching minors are available in Coaching and in Human Development. A teaching minor is available in Family and Consumer Sciences 5-12. For additional information on minor fields of study and requirements, please see the minors section of this catalog.

Degree Requirements

Bachelor of Science degrees in Community Health, Early Childhood Education and Child Services, Family and Consumer Sciences (Non-Teaching), Food and Nutrition, and Health and Human Performance shall be conferred upon the successful completion of specified requirements and a minimum of 120 credits. The Bachelor of Science degrees in the teaching options of Family and Consumer Sciences 5-12 and Health Enhancement K-12 (health and physical education) shall be conferred upon the successful completion of specified requirements and a minimum of 122 and 128 credits, respectively. All undergraduate students must complete a minimum of 42 upper division credits.

The Master of Science in Health and Human Development shall be conferred upon completion of specified requirements and a minimum of 36 credits for the options of Family and Consumer Sciences, Exercise and Nutrition Sciences, and Food, Family and Community Health Sciences. A minimum of 36 credits is required for the Family Financial Planning program. A minimum of 60 credits is required in the graduate Counseling programs. The Master of Education in School Counseling carries a minimum of 48 credits; see the graduate catalog for further information.

Certifications and Licensures

Certifications and licensures are dependent on the student’s eligibility to sit for certification and licensing examinations and on passing those examinations. Several fields of study in the Department of Health and Human Development prepare students to sit for certification and licensing examinations. Many, but not all, certifications and licensures are offered as post-baccalaureate opportunities. See an advisor for additional information.

The following certifications are related to Health and Human Development disciplines:

Accredited Family Financial Counselor

The Department of Health and Human Development offers a three-course series that can aid students in becoming credentialed as an Accredited Family Financial Counselor (https://www.afcpe.org/certification/curriculum/accredited-financial-counselor) (AFC). The AFC credential is offered nationally through the Institute for Personal Finance. The credential requires two tests, an internship, and a year of work experience in helping consumers and families with financial matters. The three-course series prepares students to take the two tests. The department then helps students find placement for an internship involving helping consumers and families with finances. The AFC credential allows students to credibly indicate their expertise in personal and family finance to potential employers.

Certified in Family and Consumer Sciences

Students completing the family and consumer sciences major and the restricted electives will be eligible to sit for the Certification in Family and Consumer Sciences (CFCS) exam set by the American Association of Family and Consumer Sciences (http://www.aafcs.org). The CFCS Credential communicates to others within and outside of the profession that the individual certified in family and consumer sciences possesses a broad professional knowledge base in the field.

Certified Family Life Educator

Students completing the family and consumer sciences major and the restricted electives will be eligible to apply for the CFLE (http://www.ncfr.org/cfle-certification) granted by the National Council on Family Relations (http://www.ncfr.org). Interested community health students may also complete additional courses and apply for provisional certification. Certified Family Life Educators serve as consultants, directors, educators, and coordinators in settings such as social services, child care, health and
welfare, recreation, youth programs, community action, drug/alcohol rehabilitation centers, senior citizen programs, parent education, family service agencies, extension, and retirement/convalescent care centers.

**Certified Health Education Specialist**
Completion of the community health major establishes eligibility to sit for the Certified Health Education Specialist (http://www.nchec.org) examination (CHES). The CHES exam measures the possession, application, and interpretation of knowledge essential to the practice of community health/health education. The CHES certification is a national standard for health education practice and assists employers in identifying qualified health education practitioners.

**Certified Personal Trainer/Certified Strength Coach**
The National Strength and Conditioning Association (http://www.nsca.com/Home) provides opportunities to become a certified personal trainer or a certified strength coach.

**Coaching Certification**
Faculty in Health and Human Development partner with the Montana High School Association (http://www.mhsa.org) (MHSA) in the development and implementation of a coaching certification program. Although MHSA awards the certification, successful completion of the coaching minor offered in the department will prepare the future coach for the profession.

**Family and Consumer Sciences 5-12 Teacher**
The family and consumer sciences teacher preparation program is designed for students who want to become teachers of family and consumer sciences in public or private schools. Upon completion of the degree, students are recommended for licensure through the State of Montana (http://www opi.mt.gov) in teaching grades 5-12.

**Health Enhancement K-12 (Health and Physical Education) Teacher**
The health enhancement K-12 teacher preparation program is designed for students who want to become teachers of health enhancement (health and physical education) in public or private schools. Upon completion of the degree, students are recommended for licensure through the State of Montana (http://www opi.mt.gov) in teaching grades K-12.

**Health Fitness Instructor and Exercise Test Technologist**
The American College of Sports Medicine (http://acsm.org), the premier organization for health/fitness professionals and clinicians, offers the Health/Fitness Instructor and Exercise Test Technologist certifications at sanctioned test locations throughout the Pacific Northwest. The certification exams include written and practical components that emphasize the application of knowledge and hands-on skills typically acquired in an undergraduate exercise science or kinesiology program.

**Licensed Professional Counselor or Licensed Clinical Professional Counselor**
Counseling programs in the graduate program in Health and Human Development lead to the opportunity to become licensed in Montana (http://bsd.dli.mt.gov/license/bsd_boards/swp_board/board_page.asp) as a Licensed Professional Counselor (LPC) or Licensed Clinical Professional Counselor (LCPC). Following completion of a master's degree, the student must complete a minimum of 1500 hours of supervised counseling practice prior to sitting for and passing the LPC examination.

**Registered Dietitian**
Upon completion of all Didactic Program in Dietetics classes in the dietetics option of the food and nutrition major with a C or better, students are given a verification statement that allows them to apply to a national post-baccalaureate supervised professional experience or internship. Upon its completion, the student may sit for the RD examination given by the Commission on Dietetic Registration (http://www.cdrnet.org), the credentialing agency for The Academy of Nutrition and Dietetics (http://www.eatright.org). The RD status enables a person to become licensed in Montana as a Licensed Nutritionist by the Board of Medical Examiners (http://bsd.dli.mt.gov/license/bsd_boards/med_board/board_page.asp).

**Academic Advisors**
The Health and Human Development academic advising office, staffed with academic advisors to serve the needs of students, is located in 121 Marga Hosaues Fitness Center. Students are expected to meet with an advisor each semester to discuss their plan of study, select courses, and register for courses. In addition, students are encouraged to meet with an academic advisor to discuss issues and questions regarding professional programs, career opportunities, and academic concerns. Academic advisors can assist students to appropriate referrals when necessary.

To receive advising or to inquire about programs in the Department of Health and Human Development (http://www.montana.edu/hhd), contact the Health and Human Development Advising Center by phone at (406) 994-4001, or by e-mail at hhdadvising@montana.edu.

**Course Requirements and Curricula for Majors**
The curriculum and specific course requirements for each major and minor within the Department of Health and Human Development are listed below.

**Undergraduate Programs**
- Community Health Major (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/community-health-major)
- Food and Nutrition Major (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/food-nutrition-major)
- Food and Nutrition Major with Dietetics Option (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/food-nutrition-major-dietetics-option)
- Food and Nutrition Major with Nutrition Science Option (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/food-nutrition-major-nutrition-science-option)
• Health and Human Performance Major with Options in Exercise Science or Kinesiology (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/health-human-performance-major)
• Sustainable Food Systems Option (http://catalog.montana.edu/undergraduate/education-health-human-development/sustainable-food-bioenergy-systems)

Undergraduate Minor
• Coaching Minor (Non-Teaching) (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/coaching_minor)
• Human Development Minor (Non-Teaching) (http://catalog.montana.edu/undergraduate/education-health-human-development/health-human-development/human_development_minor)

Graduate Programs
M.S. in Health & Human Development with options in:
• Counseling (http://catalog.montana.edu/graduate/education-health-human-development/health-human-development/counseling-program-options)
• Exercise and Nutrition Sciences (http://catalog.montana.edu/graduate/education-health-human-development/health-human-development/exercise-nutrition-sciences-option)
• Family & Consumer Sciences (http://catalog.montana.edu/graduate/education-health-human-development/health-human-development/family-consumer-sciences-option)
• Family Financial Planning (http://eu.montana.edu/online/degrees/ffp)
• Food, Family and Community Health Sciences (http://catalog.montana.edu/graduate/education-health-human-development/health-human-development/food-family-community-health-sciences-option)

M.Ed. in School Counseling (http://catalog.montana.edu/graduate/education-health-human-development/health-human-development/counseling-program-options)

Graduate programs in the Department of Health and Human Development lead to a Master of Science degree in Health and Human Development with options in counseling, exercise and nutrition sciences, family and consumer sciences, and food, family, and community health sciences. The Master of Education degree is given to those completing the school counseling degree.

Graduate programs are coordinated by a graduate coordinator for the counseling program or by a graduate coordinator in exercise and nutrition sciences, family and consumer sciences, and food, family, and community health sciences. General descriptions of the graduate options are included below. More detailed information regarding curricula and requirements may be obtained from the respective graduate coordinators listed above. Information may also be obtained on the Department of Health and Human Development website at www.montana.edu/hhd.

A minimum of 30 credits is required for the Master of Science degree in exercise and nutrition sciences, family and consumer sciences, and food, family, and community health sciences. Both thesis and non-thesis plans are available. Because of professional licensure requirements, a minimum of 60 credits is required for the counseling programs. The school counseling program requires a minimum of 48 credits. Transfer credits may not exceed the limit of nine set by The Graduate School and must be assessed by the respective graduate coordinator before acceptance to the program.