

**The SKC/UM Health Promotion Pathway:
Continuing from an A.A. in Health Promotion Practices at Salish Kootenai College to a B.S. in Public Health/Community Health & Prevention Sciences Concentration at the University of Montana**

Students graduating from Salish Kootenai College's Health Promotion Practices A.A. degree program can enroll in the B.S. program in Public Health at the University of Montana as upper-division students (with junior standing).

The B.S. in Public Health at UM is a nationally-accredited degree, and exposes students to further career and educational opportunities in public health. You can learn more about UM's program at <https://www.umt.edu/public-community-healthsciences/undergraduate/bachelors.php>.

An example course plan for all four years (two years at SKC and two years at UM) is attached.

How it works:

When you are in your final year at SKC,

1. Apply for admission to the University of Montana as a transfer student: <https://www.umt.edu/admissions/apply/transfer/default.php>
2. Fill out your FAFSA: <https://studentaid.gov/h/apply-for-aid/fafsa>
3. Apply for scholarships and financial aid:
 - a. The UM admission application (above) and the UM scholarship portal (<https://www.umt.edu/finaid/scholarships/um-scholarship-portal/default.php>) serve as your applications for a number of scholarships at UM.
 - b. Another important application is the American Indian Tuition Waiver, which covers full tuition for eligible students with financial need (as determined by FAFSA): https://www.umt.edu/finaid/documents/tuition_waivers/NA_Tuition_Waiver.pdf
 - c. Other important scholarship applications include the MUS Honors Scholarship (https://mus.edu/Prepare/Pay/Scholarships/MUS_Honor_Scholarship.html), the 2+2 Honors Scholarship (<https://applymontana.mus.edu/paying-for-school/scholarships/2-plus-2-honor-scholarship.html>), and a number of scholarships for Native students (<https://www.umt.edu/american-indian-student-services/paying-for-college/Scholarships/scholarships-for-undergraduate-students.php>)
 - d. For any questions or concerns about scholarships and financial aid, reach out to the UM financial aid office at finaid@umontana.edu or call 406-243-5373 to speak with a financial aid advisor. You can also reach out to Christina Peltier, the scholarship manager, at x4810 or fascholarships@mso.umt.edu.
4. To begin preparing for your academic journey, get in touch with your future advisor in the UM Public Health department, Aimee Elliott (Aimee.Elliott@umontana.edu; 406-243-2112). You can also reach out to Blakely Brown (Blakely.Brown@mso.umt.edu) or Maja Pedersen (maja.pedersen@mso.umt.edu) at the UM, or Kindra McQuillan (kindra_mcquillan@skc.edu) at SKC.

Other resources:

- American Indian Student Services at the UM: <https://www.umt.edu/american-indian-student-services/default.php>
- The Payne Center at the UM: <https://www.umt.edu/native-american-studies//tpfnac.php>
- Housing at the UM: <https://www.umt.edu/housing/>

1st 2 years of the B.S. Public Health/Community Health & Prevention Sciences Concentration degree to an AA in Health Promotion Practices at Salish Kootenai College. *Contact Kindra McQuillan at kindra_mcquillan@skc.edu*

Year 1 – Fall Quarter	Quarter	Course Name	Quarter Credits
HLTH 102	FW	Foundations of Health and Wellness	3
NASD 101	FWS	History of Indians in the U.S.	3
MAST 150	F	A&P for the Medical Assistant I	4
ENG 101	FWS	English Composition I	3
IDST 101	FWS	SKC Seminar	3
		Total Fall Quarter	16
Winter Quarter			
MATH 100 or MATH 103	FWS	College Algebra (MATH 100) OR Contemporary Math (MATH 103)	5
PSYC 110	FWS	Intro to Psychology	5
MAST 151	W	A&P for the Medical Assistant II	4
HMNT (Elective)	FWS	HMNT 101 or PHIL 100 or ENGL 210	3
		Total Winter Quarter	17
Spring Quarter			
HLTH 184	Spring	HPP Practicum I	1
HTLH 274	Spring	HPP Clinical Lab	2
HLTH 172	Spring	Exercise Prescription & Health	3
ENG 202	FWS	English Comp II	3
HTLH 170	Spring	Introduction to Public Health	3
		Total Spring Quarter	12
Year 2 – Fall Quarter			
PSYC 231	Fall	Biological Psychology	5
SPCH 100	FWS	Basic Communications	3
HLTH 221	Fall	Human Nutrition	3
SCID 272	FS	Intro to the Science of Indigenous Health and Well-Being	5
		Total Fall Quarter	16
Winter Quarter			
HTLH 240	Winter	Health Promotion Across the Lifespan	3
PSYC 201	*OD Winter	Positive Psychology *OD (On Demand)	3
PSYC 240	Winter	Trauma, Stress, Coping & Health (Distance Learning course)	3
HLTH 245	Winter	Health Education	3
NASD 262	Winter	Contemporary Issues in American Indian Life	3
FAH Elective	FWS	FAH Elective List	3
		Total Winter Quarter	18
Spring Quarter			
HLTH 284	Spring	HPP Practicum II	2
HLTH 291	Spring	Theories of Health Change: Behaviors and Coaching	3
NASD 210	FWS	Introduction to Indigenous Science	3
PSYC 230	WS	Developmental Psychology	5
HLTH 210	Fall	Human Sexuality (3 cr)	3
		Total Spring Quarter	16

Total degree credits Year 1 + Year 2: 93-94 quarter credits (=61-62 semester credits)

Last 2 years leading to a B.S. Public Health/Community Health & Prevention Sciences Concentration degree at UM; Transfer to UM with the SKC Health Promotion Practices AA degree. *Contact Blakely Brown at blakely.brown@umontana.edu or Maja Pedersen at maja.pedersen@umontana.edu*

Fall 3rd year	Course	Semester Credits
PUBH 101 -core competency	Intro to Public Health	3
CHTH 355-core competency	Theory and Practice of Community Health Education (Revised title Fall 2024: Health Promotion Practice)	3
XXXX XXX	Upper Division Course elective	3
XXXX XXX	Upper Division Course elective	3
STAT 216 OR SOC 202	Intro to Statistics OR Social Statistics	3
	Total Fall Semester 3rd year	15
Spring 3rd year		
PUBH 380-required concentration	Public Health Nutrition	3
HTH 370- required concentration	Peer Health Education	1
PUBH 325 -core competency	Environment and Occupational Health	3
PUBH 475E-core competency	Public Health Ethics and Upper Division Writing	3
PUBH 225 -core competency	Public Health Policy (remote/on-line)	3
XXXX XXX	Lower Division Course elective (e.g., activity class)	1
	Total Spring Semester 3rd year	14
Fall 4th year		
HTH 395 required concentration	Peer Health Practicum	2
CHTH 491 -core competency	Special Topics (Principles of Epidemiology)	3
XXXX XXX	Upper Division Course elective	3
XXXX XXX	Lower Division Course elective	3
XXXX XXX	Upper Division Course elective	3
	Total Fall Semester 4th year	14
Spring 4th year		
CHTH 445 – required concentration	Program Planning in Community Health	4
CHTH 485 required concentration	Theories of Health Behavior and Counseling (revised title Fall 2024: Theories of Community Health Promotion)	3
PUBH 498 -core competency	Internship	3
XXXX XXX	Lower or Upper Division Course elective	3
XXXX XXX	Lower or Upper Division Course elective	3
	Total Spring Semester 4th year	16

SKC courses that can count towards the 30 semester credits of Community Health & Prevention Sciences Elective courses for the B.S. Public Health/Community Health & Prevention Sciences Concentration degree (NOTE: 1 quarter credit = 0.66 semester credits); quarter credits listed behind these SKC courses: HTLH 102 (3 cr), HLTH 170 (3 cr); HLTH 172 (3 cr); HLTH 184 (1 cr), HLTH 284 (2 cr), HLTH 240 (3 cr), HLTH 221 (3 cr), HLTH 245 (3 cr), HLTH 274 (2 cr), HLTH 291 (3 cr), PSYC 231 (5 cr), PSYC 201 (3 cr), PSYC 230 (5 cr), NASD 262 (3 cr), NASD 210 (3 cr), MAST 150/XXX (4 cr), MAST 151/XXX (4 cr), and SCID 272 (5 cr) Total: 61 quarter credits = 40 semester credits. UM: students complete the Public Health degree core competency courses, and required concentration-specific courses: 61-62 (SKC) + 58-59 (UM) = 120 credits. Note: The Overall degree plan meets the AA requirements at SKC and the 39 upper division required credits along with meeting the 120 credits for the four-year degree.

SKC courses that can count towards the 30 semester credits of Community Health & Prevention Sciences Elective courses for the B.S. Public Health/Community Health & Prevention Sciences Concentration degree (NOTE: 1 quarter credit = 0.66 semester credits); quarter credits listed behind these SKC courses. *Blakely's suggestions for similar courses on the UM side – what the SKC courses substitutions are similar to at UM*)

HTLH 102 (3 cr): Foundations of Health and Wellness (similar to HTH 110 – Personal Health and Wellness)

HLTH 170 (3 cr): Introduction to Public Health

HLTH 172 (3 cr): Exercise Prescription and Health (similar to KIN 105/106 – Foundations of Exercise Science)

HLTH 184 (1 cr): HPP Practicum I

HTLH 274 (2 cr): HPP Clinical Lab

HLTH 285 (2 cr): HPP Practicum II

HLTH 240 (3 cr): Health Promotion Across the Lifespan (similar to KIN 205 – foundations of HHP)

HLTH 221 (3 cr): Human Nutrition (similar to NUTR 221N – Basic Human Nutrition)

HLTH 245 (3 cr): Health Education

HLTH 291 (3 cr): Theories of Health Change: Behaviors and Coaching (similar to HTH 395 – Peer Health Practicum)

PSYC 231 (5 cr): Biological Psychology (similar to PSYX 250N – Fund of Biological Psych)

PSYC 201 (3 cr): Positive Psychology

PSYC 230 (5 cr): Developmental Psychology (we used to suggest a similar course when CHPS was in HHP)

NASD 262 (3 cr): Contemporary Issues in American Indian Life (similar to NASX 306X – Contemp Global Issues Indig People)

NASD 210 (3 cr): Introduction to Indigenous Science (similar to NASX 304E – Native American Belief/Philos)

MAST 150/XXX (4 cr): A&P for the Medical Assistant I *this course will receive a new number for next year

MAST 15i/XXX (4 cr): A&P for the Medical Assistant II *this course will receive a new number for next year

SCID 272 (5 cr): Introduction to the Science of Indigenous Health and Well-Being