

BS in Exercise & Wellness (663434) MAP Sheet

Life Sciences, Exercise Sciences

For students entering the degree program during the 2024 - 2025 curricular year.



University Core and Graduation Requirements				Suggested Sequence of Courses			
University Core Requirements:							
Requirements	#Classes	Hours	Classes				
Religion Cornerstones							
Teachings and Doctrine of The Book of Mormon	1	2.0	REL A 275				
Jesus Christ and the Everlasting Gospel	1	2.0	REL A 250				
Foundations of the Restoration	1	2.0	REL C 225				
The Eternal Family	1	2.0	REL C 200				
The Individual and Society							
American Heritage	1-2	3-6.0	from approved list				
Global and Cultural Awareness	1	3.0	from approved list				
Skills							
First Year Writing	1	3.0	from approved list				
Advanced Written and Oral Communications	1	3.0	from approved list				
Quantitative Reasoning	1	3.0	STAT 121*				
Languages of Learning (Math or Language)	1	3.0	STAT 121*				
Arts, Letters, and Sciences							
Civilization 1	1	3.0	from approved list				
Civilization 2	1	3.0	from approved list				
Arts	1	3.0	from approved list				
Letters	1	3.0	from approved list				
Biological Science	1	3.0	NDFS 100*				
Physical Science	1	3.0	from approved list				
Social Science	1	3.0	EXSC 221*				
Core Enrichment: Electives							
Religion Electives	3-4	6.0	from approved list				
Open Electives	Variable	Variable	personal choice				
*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (9 hours overlap)							
Graduation Requirements:							
Minimum residence hours required		30.0					
Minimum hours needed to graduate		120.0					

FRESHMAN YEAR				JUNIOR YEAR			
<u>1st Semester</u>				<u>5th Semester</u>			
First-year Writing or American Heritage		3.0		EXSC 463		3.0	
Quantitative Reasoning (if needed)**	0-3.0			EXSC 464		0.5	
Religion Cornerstone course		2.0		EXSC 410		3.0	
NDFS 100		3.0		Major electives		5.0	
Social Science elective		3.0		Religion elective		2.0	
Global & Cultural Awareness elective		3.0		Arts or Letters elective		3.0	
Total Hours		14-17.0		Total Hours		16.5	
**If student needs to complete this, it is strongly suggested they do so before the first semester of the freshman year.				<u>6th Semester</u>			
				EXSC 387		3.0	
				EXSC 480		2.0	
				Major electives		6.0	
				Religion elective		2.0	
				Adv. Written & Oral Communication		3.0	
				Total Hours		16.0	
<u>2nd Semester</u>				SENIOR YEAR			
First-year Writing or American Heritage		3.0		<u>7th Semester</u>			
STDEV 150		3.0		EXSC 399R		4.0	
Religion Cornerstone course		2.0		Religion elective		2.0	
STAT 121 (Lang. of Learning)		3.0		Major electives		5.0	
Civilization 1 elective		3.0		General Education courses, university requirements, and/or general electives		4.0	
Total Hours		14.0		Total Hours		15.0	
SOPHOMORE YEAR				<u>8th Semester</u>			
<u>3rd Semester</u>				EXSC 399R		4.0	
CELL 220		4.0		General Education courses, university requirements, and/or general electives		11.0	
Major electives		7.0		Total Hours		15.0	
Religion Cornerstone course		2.0					
Civilization 2 elective		3.0					
Total Hours		16.0					
<u>4th Semester</u>							
HLTH 320		3.0					
CELL 305		4.0					
Arts or Letters elective		3.0					
Religion Cornerstone course		2.0					
Major elective		3.0					
Total Hours		15.0					
Please check with departments for current availability of all courses.							
Note: Students are encouraged to complete an average of 15–16 credit hours each semester or 30–32 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.							

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2024 - 2025 Program Requirements (60.5 Credit Hours)

REQUIREMENT 1 Complete 6 Courses (20.0 credits)		PSYCH 356 - Introduction to Health Psychology	3.0	of life and avoid unnecessary medical expenses.	
PREREQUISITES TO THE EXERCISE AND WELLNESS CORE:		STDEV 317 - Job Search Strategies	2.0		
CELL 220 - Human Anatomy (with lab)	4.0	OPTION 4.2			
CELL 305 - Human Physiology	4.0	At Least 6.0 Credits from the Following Courses			
HLTH 320 - Advanced First Aid and Safety	3.0	ACC 200 - Principles of Accounting	3.0	Depending on electives completed, there are several excellent career and graduate school options to pursue. Earning a master's degree in exercise science, for example, can give the added knowledge and experience needed to direct a private, commercial, corporate, or clinical health/fitness program.	
*NDFS 100 - Essentials of Human Nutrition	3.0	BIO 130 - Biology	4.0		
*STAT 121 - Principles of Statistics	3.0	CELL 363 - Advanced Physiology Laboratory	4.0	Other graduate school opportunities include a master's in public health (MPH), business administration (MBA), recreational therapy (MS), or nutritional science (MS) or a master's in physician assistant studies (MPAS), to name a few.	
STDEV 150 - Public Speaking	3.0	CHEM 101 - Introductory General Chemistry	3.0		
REQUIREMENT 2 Complete 7 Courses (16.5 credits)		CHEM 105 - General College Chemistry 1 with Lab (Integrated)	4.0	CAREER OPPORTUNITIES	
REQUIRED CORE COURSES:		CHEM 285 - Introductory Bio-organic Chemistry	4.0		
EXSC 151 - Introduction to Exercise Sciences	1.0	ENT 301 - Business Model Ideation & Validation	3.0	Exercise and Wellness professionals find employment primarily in commercial or community fitness centers, but may also work in hospital wellness programs or corporate health promotion programs. Job responsibilities typically involve teaching clients how to achieve optimal wellness through effective exercise, wholesome nutrition, and successful stress management strategies.	
EXSC 360 - Exercise is Medicine	3.0	EXSC 350 - Research Methods and Evidence Based Practices	3.0		
EXSC 387 - Lifestyle and Chronic Disease Prevention	3.0	EXSC 466 - Introduction to Electrocardiograms	2.0	Exercise and wellness professionals may function at a staff or management level. Staff personnel often conduct one-on-one counseling sessions on a variety of health-related subjects as well as perform fitness testing and exercise prescription. They also may conduct workshops, conferences, or seminars on exercise, nutrition, stress management, weight control, and many other topics.	
EXSC 410 - Stress Management	3.0	FIN 201 - Principles of Finance	3.0		
EXSC 463 - Exercise Physiology	3.0	HLTH 383 - Mind/Body Health	3.0	Program directors typically possess a master's degree with several years of experience working in a health promotion/ wellness environment. As a program director, additional responsibilities typically include financial budgeting, marketing, program administration and evaluation, and personnel hiring and training.	
EXSC 464 - Exercise Physiology Lab	0.5	HLTH 403R - Special Topics	5.0v		
EXSC 480 - Obesity and Weight Management	3.0	HLTH 450 - Women's Health Issues	3.0	Students pursuing a degree in exercise and wellness are usually more successful in their profession if they gain expertise in the following areas: counseling, public speaking, behavior change, business, first aid, gerontology, and/or aerobic dance teaching. It is also strongly recommended that students obtain a health/ fitness certification through a reputable certifying organization.	
REQUIREMENT 3 3.0 Credits)		HRM 300 - Organizational Behavior	3.0		
EXPERIENTIAL LEARNING:		MKTG 201 - Marketing Management	3.0		
EXSC 399R - Exercise Science Internship	3.0v	MMBIO 221 - General Microbiology	3.0		
EXSC 399R - Huntsman World Senior Games Internship	3.0v	NDFS 200 - Nutrient Metabolism	3.0		
EXSC 497R - Undergraduate Research and Study	3.0v	STDEV 170 - Introduction to Health Professions	1.0		
REQUIREMENT 4 Complete a Minimum of 21.0 Credits from the Following Options		Note: Only 2.0 credits of EXSC 399R: Huntsman World Senior Games Internship may be used as part of the EXSC 399R: Exercise Sciences Internship requirement.			
ELECTIVES:		Note: Psych 356 has three prerequisites that can be waived for Exercise Sciences students. Students should contact the instructor, identify themselves as Exercise and Wellness majors, and request a permission-to-add code.			
OPTION 4.1 At Least 15.0 Credits from the Following Courses		THE DISCIPLINE			
CELL 365 - Pathophysiology	4.0	Exercise and wellness is a departure from the typical U.S. medical model in that the focus is on helping individuals achieve optimal health and fitness, rather than on discovering and treating disease. Recent research findings, along with rising health care costs, have spurred an interest in keeping people healthy to improve the quality			
*EXSC 221 - Science of Wellness	3.0				
EXSC 320 - Basic Athletic Training	3.0				
EXSC 321 - Basic Athletic Training Lab	0.5				
EXSC 362 - Kinesiology and Biomechanics	3.0				
EXSC 385 - Personal Training Strategies	3.0				
EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab)	4.0				
EXSC 455 - Worksite Health Promotion	3.0				
EXSC 468 - Problems in Exercise Prescription	2.0				
HLTH 335 - Health Behavior Change	3.0				
HLTH 345 - Principles of Epidemiology	3.0				
HLTH 460 - Substance Use Disorders and the Individ, Fam, and Comm	3.0				
HLTH 466 - Health and the Aging Process	3.0				
NDFS 310 - Nutrition and Metabolism in Sports and Exercise	3.0				
PSYCH 220 - Human Development: Life Span	3.0				

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2024 - 2025

Survey data indicate that personal trainers earned \$51,000 annually in the U.S. Throughout the U.S. the salaries range from \$37,000 to \$63,000. Health promotion program directors' salaries are similar to those of personal trainers, with more earning potential for individuals with graduate degrees and/or experience.

MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

DEPARTMENT INFORMATION

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ADVISEMENT CENTER INFORMATION

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