

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:				FRESHMAN YEAR			
Requirements	#Classes	Hours	Classes	1st Semester		JUNIOR YEAR	
Religion Cornerstones				5th Semester			
Teachings and Doctrine of The Book of Mormon	1	2.0	REL A 275	First-year Writing or American Heritage	3.0	EXSC 463	3.0
Jesus Christ and the Everlasting Gospel	1	2.0	REL A 250	Quantitative Reasoning (if needed)**	0-3.0	EXSC 464	0.5
Foundations of the Restoration	1	2.0	REL C 225	Religion Cornerstone course	2.0	EXSC 410	3.0
The Eternal Family	1	2.0	REL C 200	NDFS 100	3.0	Major electives	5.0
The Individual and Society				6th Semester			
American Heritage	1-2	3-6.0	from approved list	Social Science elective	3.0	Religion elective	2.0
Global and Cultural Awareness	1	3.0	from approved list	Global & Cultural Awareness elective	3.0	Arts or Letters elective	3.0
Skills				Total Hours	14-17.0	Total Hours	16.5
First Year Writing	1	3.0	from approved list	**If student needs to complete this, it is strongly suggested they do so before the first semester of the freshman year.			
Advanced Written and Oral Communications	1	3.0	from approved list	2nd Semester			
Quantitative Reasoning	1	3.0	STAT 121*	First-year Writing or American Heritage	3.0	EXSC 387	3.0
Languages of Learning (Math or Language)	1	3.0	STAT 121*	STDEV 150	3.0	EXSC 480	2.0
Arts, Letters, and Sciences				Total Hours			
Civilization 1	1	3.0	from approved list	Religion Cornerstone course	2.0	Major electives	6.0
Civilization 2	1	3.0	from approved list	STAT 121 (Lang. of Learning)	3.0	Religion elective	2.0
Arts	1	3.0	from approved list	Civilization 1 elective	3.0	Adv. Written & Oral Communication	3.0
Letters	1	3.0	from approved list	Total Hours	14.0	Total Hours	16.0
Biological Science	1	3.0	NDFS 100*	SOPHOMORE YEAR			
Physical Science	1	3.0	from approved list	3rd Semester			
Social Science	1	3.0	EXSC 221*	CELL 220	4.0	EXSC 399R	4.0
Core Enrichment: Electives				4th Semester			
Religion Electives	3-4	6.0	from approved list	HLTH 320	3.0	Religion elective	2.0
Open Electives	Variable	Variable	personal choice	CELL 305	4.0	Major electives	5.0
*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (9 hours overlap)				Total Hours			
Graduation Requirements:				15.0			
Minimum residence hours required		30.0		Please check with departments for current availability of all courses.			
Minimum hours needed to graduate		120.0		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.			

BS in Exercise & Wellness (663434)
2024 - 2025 Program Requirements (60.5 Credit Hours)

<p>REQUIREMENT 1 Complete 6 Courses (20.0 credits)</p>		
<p>PREREQUISITES TO THE EXERCISE AND WELLNESS CORE:</p>		
<p>CELL 220 - Human Anatomy (with lab) 4.0 CELL 305 - Human Physiology 4.0 HLTH 320 - Advanced First Aid and Safety 3.0 *NDFS 100 - Essentials of Human Nutrition 3.0 *STAT 121 - Principles of Statistics 3.0 STDEV 150 - Public Speaking 3.0</p>	<p>PSYCH 356 - Introduction to Health Psychology 3.0 STDEV 317 - Job Search Strategies 2.0</p>	<p>of life and avoid unnecessary medical expenses.</p>
<p>REQUIREMENT 2 Complete 7 Courses (16.5 credits)</p>		
<p>REQUIRED CORE COURSES:</p>		
<p>EXSC 151 - Introduction to Exercise Sciences 1.0 EXSC 360 - Exercise is Medicine 3.0 EXSC 387 - Lifestyle and Chronic Disease Prevention 3.0 EXSC 410 - Stress Management 3.0 EXSC 463 - Exercise Physiology 3.0 EXSC 464 - Exercise Physiology Lab 0.5 EXSC 480 - Obesity and Weight Management 3.0</p>	<p>OPTION 4.2 At Least 6.0 Credits from the Following Courses</p> <p>ACC 200 - Principles of Accounting 3.0 BIO 130 - Biology 4.0 CELL 363 - Advanced Physiology Laboratory 4.0 CHEM 101 - Introductory General Chemistry 3.0 CHEM 105 - General College Chemistry 1 with Lab (Integrated) 4.0 CHEM 285 - Introductory Bio-organic Chemistry 4.0 ENT 301 - Business Model Ideation & Validation 3.0 EXSC 350 - Research Methods and Evidence Based Practices 3.0 EXSC 466 - Introduction to Electrocardiograms 2.0 FIN 201 - Principles of Finance 3.0 HLTH 383 - Mind/Body Health 3.0 HLTH 403R - Special Topics 5.0v HLTH 450 - Women's Health Issues 3.0 HRM 300 - Organizational Behavior 3.0 MKTG 201 - Marketing Management 3.0 MMBIO 221 - General Microbiology 3.0 NDFS 200 - Nutrient Metabolism 3.0 STDEV 170 - Introduction to Health Professions 1.0</p>	<p>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.</p> <p>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.</p>
<p>REQUIREMENT 3 3.0 Credits)</p>		<p>CAREER OPPORTUNITIES</p>
<p>EXPERIENTIAL LEARNING:</p>		<p>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.</p>
<p>EXSC 399R - Exercise Science Internship 3.0v EXSC 399R - Huntsman World Senior Games Internship 3.0v EXSC 497R - Undergraduate Research and Study 3.0v</p>		<p>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.</p>
<p>REQUIREMENT 4 Complete a Minimum of 21.0 Credits from the Following Options</p>		
<p>ELECTIVES:</p>	<p><i>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.</i></p>	
<p>OPTION 4.1At Least 15.0 Credits from the Following Courses</p>		<p><i>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.</i></p>
<p>CELL 365 - Pathophysiology 4.0 *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 - Exercise Prescription 3.0 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</p>	<p>THE DISCIPLINE</p> <p>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</p>	<p>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.</p> <p>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.</p>

BS in Exercise & Wellness (663434)

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

Exercise Sciences Department

Brigham Young University
106 Smith Fieldhouse
Provo, UT 84602
Telephone: (801) 422-6507

ADVISEMENT CENTER INFORMATION

Life Sciences Advisement

Brigham Young University
2060 Life Sciences Building
Provo, UT 84602
Telephone: (801) 422-3042
Website: lsa.byu.edu