

Integrated BS in Exercise Science/Master of Athletic Training (MAT) (663439) MAP Sheet

Life Sciences, Exercise Sciences (this is an unofficial MAP)

For students entering the degree program during the 2025-2026 curricular year.



| University Core and Graduation Requirements | | | | Suggested Sequence of Courses | | | |
|--|------------------|--------------|-------------------------------------|---|-------------|--|-------------|
| University Core Requirements: | | | | FRESHMAN YEAR | | | |
| Requirements | # Classes | Hours | Classes | 1st Semester | | JUNIOR YEAR | |
| University 101 | 1 | 2.0 | UNIV 101 | UNIV 101 | 2.0 | 5th Semester | |
| Religion Cornerstones | | | | American Heritage | 3.0 | CELL 305 (or 363 and 363) Hum Phys | 4.0 |
| Teachings and Doctrine of the Book of Mormon | 1 | 2.0 | REL A 275 | CELL 120 | 3.0 | EXSC 320 Basic Athletic Training | 3.0 |
| Jesus Christ and the Everlasting Gospel | 1 | 2.0 | REL A 250 | Civ 1, Civ 2, Arts or Letters | 3.0 | EXSC 321 Basic Athletic Training Lab | 0.5 |
| Foundations of the Restoration | 1 | 2.0 | REL C 225 | Religion Cornerstone | 2.0 | EXSC 440 Adv Human Anatomy | 4.0 |
| The Eternal Family | 1 | 2.0 | REL C 200 | Quantitative Reasoning or General Elective** | 3.0 | Religion elective | 2.0 |
| The Individual and Society | | | | Social Science Elective | 3.0 | Adv. Written and Oral Communication | 3.0 |
| American Heritage | 1-2 | 3-6.0 | from approved list | Total Hours | 19.0 | Total Hours | 19.5 |
| Global and Cultural Awareness | 1 | 3.0 | from approved list | **If the student needs to complete this requirement, it is strongly suggested that they do so before the 1 st semester of freshman year | | 6th Semester | |
| Skills | | | | 2nd Semester | | MMBIO 240 | 3.0 |
| First Year Writing | 1 | 3.0 | from approved list | First-year Writing | 3.0 | EXSC 399R (Shadowing) | 1.0 |
| Advanced Written and Oral Communications | 1 | 3.0 | WRWG 316 recommended | Civ 1, Civ 2, Arts, or Letters elective | 3.0 | EXSC 362 Biomechanics & Kinesiology | 3.0 |
| Quantitative Reasoning | 1 | 3-4.0 | MATH 110, 111, 112*, 118 or 119* | PSYCH 111 | 3.0 | EXSC 463 Exercise Physiology | 3.0 |
| Languages of Learning (Math or Language) | 1 | 3-4.0 | MATH 112*, 118 or 119* or STAT 121* | PHSCS 105 | 3.0 | EXSC 464 Physiology Lab | 0.5 |
| Arts, Letters, and Sciences | | | | PHSCS 107 | 1.0 | EXSC 387 Chronic Disease | 3.0 |
| Civilization 1 | 1 | 3.0 | from approved list | General Elective | 2.0 | Religion elective | 2.0 |
| Civilization 2 | 1 | 3.0 | from approved list | Religion Cornerstone course | 2.0 | Total Hours | 15.5 |
| Arts | 1 | 3.0 | from approved list | Total Hours | 17.0 | SENIOR YEAR | |
| Letters | 1 | 3.0 | from approved list | SOPHOMORE YEAR | | 7th Semester | |
| Biological Science | 1 | 3.0 | CELL 120* or NDFS 100* | 3rd Semester | | EXSC 501 Pathophysiology for AT | 3.0 |
| Physical Science | 1 | 3.0 | CHEM 105* & PHSCS 105* | Civ 1, Civ 2, Arts, or Letters | 3.0 | EXSC 514 Advanced Athletic Training Lab | 1.0 |
| Social Science | 1 | 3.0 | PSYCH 111*, SOC 111*, or 112* | STAT 121 | 3.0 | EXSC 516 Orthopedic Evaluation 1, Lower Extremities | 3.0 |
| Core Enrichment: Electives | | | | NDFS 100 | 3.0 | EXSC 602 Graduate Athletic Training 1 | 2.0 |
| Religion Electives | 3-4 | 6.0 | from approved list | CHEM 105 | 4.0 | EXSC 654 Athletic Training Clinical Education 1 | 2.0 |
| Open Electives | varied | varied | personal choice | EXSC 151 | 1.0 | Religion elective | 2.0 |
| Graduation Requirements: | | | | Religion Cornerstone Course | 2.0 | Total Hours | 13.0 |
| Minimum residence hours required: | 30.0 | | | Total Hours | 16.0 | 8th Semester | |
| Minimum hours needed to graduate: | 120.0 | | | 4th Semester | | EXSC 515 Therapeutic Interventions 1, Modalities | 3.0 |
| Department Information | | | | Global & Cultural Awareness elective | 3.0 | EXSC 517 Ortho Eval 2, Upper Extremities & Trunk | 3.0 |
| Exercise Sciences Department | | | | CHEM 106 | 3.0 | EXSC 518 Therapeutic Interventions 2, Rehabilitation | 3.0 |
| Brigham Young University | | | | CHEM 107 | 1.0 | EXSC 655 Athletic Training Clinical Education 2 | 2.0 |
| 106 Smith Fieldhouse | | | | CELL 220 | 4.0 | EXSC 468 or 460 | 3.0 |
| Provo, UT 84602 | | | | Religion Cornerstone course | 2.0 | Total Hours | 14.0 |
| Telephone: (801)422-6507 | | | | General Elective | 2.0 | 9th Semester | |
| Advisement Center Information | | | | Total Hours | 15.0 | EXSC 601 Pharmacology in Athletic Training | 3.0 |
| Life Sciences Advisement | | | | Please check with departments for current availability of all courses. | | EXSC 656 Athletic Training Clinical Education 3 | 2.0 |
| Brigham Young University | | | | 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. | | EXSC 668 Orthopedic Anatomy | 4.0 |
| 2060 Life Sciences Building | | | | | | General Electives | 5.0 |
| Provo, UT 84602 | | | | | | Total Hours | 14.0 |
| Telephone: (801)422-3042 | | | | | | 10th Semester | |
| lsa.byu.edu | | | | | | EXSC 603 Graduate Athletic Training | 2.0 |
| Preprofessional Advisement Center | | | | | | EXSC 604 Clinical & Ed Admin | 1.0 |
| 3328 WSC | | | | | | EXSC 697 Capstone | 1.0 |
| (801)422-3044 | | | | | | EXSC 657 Athletic Training Clinical Education 4 | 2.0 |
| | | | | | | EXSC 688R Athletic Training Internship | 2.0 |
| | | | | | | MAT Elective | 2.0 |
| | | | | | | General Elective | 3.0 |
| | | | | | | Total Hours | 13.0 |

Integrated BS in Exercise Science/Master of Athletic Training (MAT) (663439)

2025 - 2026 Program Requirements

(61.0 Credit Hours)

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| <p>REQUIREMENT 1 Complete These Major Required Courses (11.5 Credits)</p> <p>EXSC 151 - Intro to Exercise Sciences 1.0</p> <p>EXSC 362 - Kinesiology and Biomechanics 3.0</p> <p>EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab) 4.0</p> <p>EXSC 463 - Exercise Physiology 3.0</p> <p>EXSC 464 - Exercise Physiology Lab 0.5</p> <p>REQUIREMENT 2 Complete 4 or 5 courses</p> <p>EXSC 320 - Basic Athletic Training 3.0</p> <p>EXSC 321 - Basic Athletic Training Lab 0.5</p> <p>EXSC 387 - Lifestyle and Chronic Disease Prevention 0.5</p> <p>EXSC 460 - Orthopedic Impairments and Therapeutic Exercise 3.0</p> <p>EXSC 468 - Problems in Exercise Prescription 3.0</p> <p>EXSC 501 - Pathophysiology for the Athletic Trainer 3.0</p> <p>REQUIREMENT 3 Complete 10 courses</p> <p>CELL 120 - Science of Biology 3.0</p> <p>CELL 220 - Human Anatomy (with lab) 4.0</p> <p>CHEM 105 - General College Chemistry 1 with Lab (Integrated) 4.0</p> <p>CHEM 106 - General College Chemistry 2 3.0</p> <p>CHEM 107 - General College Chemistry Laboratory 1.0</p> <p>MMBIO 240 - Molecular Biology 3.0</p> <p>NDFS 100 - Essentials of Human Nutrition 3.0</p> <p>PHSCS 105 - General Physics 1 3.0</p> <p>PHSCS 107 - General Physics Lab 1 1.0</p> <p>STAT 121 - Principles of Statistics 3.0</p> <p>REQUIREMENT 4 Complete 1 Physiology Option (4.0 Credits)</p> <p>OPTION 4.1 Complete 1 course</p> <p>CELL 305 - Human Physiology 4.0</p> <p>OPTION 4.2 Complete 2 courses</p> <p>CELL 362 - Advanced Physiology 3.0</p> <p>CELL 363 - Advanced Physiology Laboratory 1.0</p> <p>REQUIREMENT 5 Complete 3 courses</p> <p>MAT Transitional Courses</p> <p>EXSC 516 - Orthopedic Evaluation 1: Lower Extremities 3.0</p> <p>EXSC 517 - Orthopedic Evaluation 2: Upper Extremities and Trunk 3.0</p> <p>EXSC 516 - Therapeutic Interventions 2, Rehabilitation 3.0</p> | <p>Note to Premed Students: Professional schools and graduate programs may require additional courses not required for this major. Contact the programs to which you may apply to determine specific courses that meet their entrance requirements. Students considering professional or graduate degrees should take at least two semesters of mathematical courses. The following required or elective courses are strongly recommended for students considering professional or graduate degrees in the exercise sciences: MMBio 241; CELL 360, 362, 363; Chem 351, 352, 353, 481; Math 119; Stat 121. For more information contact the Preprofessional Advisement Center, 3328 WSC, (801) 422-3044. Contact potential schools of choice for a complete list of entrance requirements.</p> <p>Note to students who plan to pursue postgraduate education in various health care fields: The following required or elective courses are strongly recommended for student considering postgraduate professional degrees or graduate degrees in exercise sciences, but are not required for this program: MMBio 241; CELL 360, 362, 363; CHEM 351, 352, 353, 481; MATH 112; PHSCS 106 & 108; PWS 340. Contact potential schools of choice for a complete list of entrance requirements. Professional schools and graduate programs may require other additional courses not required for this major. Contact the postgraduate programs to which you may apply to determine specific courses that meet their entrance requirements. Students considering professional or graduate degrees should take at least two semesters of mathematical courses.</p> <p>For more information, contact the Preprofessional Advisement Center, 3328 WSC, 801-422-3044.</p> <p>MAP Disclaimer</p> <p>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.</p> | <p>Note to Students Desiring to Pursue Master of Athletic Training (MAT)</p> <p>Degree: In order to prepare for acceptance into the MAT graduate degree program, you must take the following courses during your BS Exercise Science major: EXSC 320, 321, 460, 468, 516, 517, 518, 601, and PSYCH 111. To apply to the Integrated BS/MAT, you need to have completed CELL 220, 305 or 362/363, PHSCS 105/107, CHEM 105/106/107, PSYCH 111, and CELL 120 with a C or better grade and 3.0 GPA. Contact Life Sciences Advisement (2060 LSB) for additional information (lsa.byu.edu; 801-422-3042; lifesciences@byu.edu). See MAT website (https://excsc.byu.edu/master-of-athletic-training) for details. Some elective courses may be offered only in Spring term.</p> <p>THE DISCIPLINE</p> <p>The exercise science program is designed to prepare students for entry into graduate school in one of the disciplines related to exercise science or one of the healthcare professional schools. Students majoring in exercise science explore how the body functions during physical activity and exercise. Principles and concepts taught in human anatomy and physiology, exercise physiology, biomechanics, neurophysiology, chemistry, physics, and nutrition are mastered to help understand how the body responds to acute bouts of exercise and how it adapts to chronic physical activity and exercise. The impact that physical activity and exercise have on one's capacity to do work, physical performance, as well as its impact on health and disease makes study of this discipline rewarding.</p> <p>CAREER OPPORTUNITIES</p> <p>The exercise science degree provides excellent preparation for students interested in graduate work in exercise science fields (e.g., exercise physiology MS or PhD) or those desiring to pursue training in medicine, physical therapy, cardiac rehabilitation, podiatry, chiropractic, and other health care professions. Graduates with this major may find opportunities in community, corporate or hospital wellness or fitness centers, and health promotion programs.</p> <p>The major is designed to prepare students to enter graduate programs in several health-related professions; specifically exercise science master and doctoral programs. Those who complete graduate work in exercise science are most likely to be employed as a professor/ researcher in a university setting. In addition to graduate studies in exercise science, students are also prepared to attend medical school, dental school, osteopathy school, physician assistant and nursing programs, and chiropractic school. Salary varies with the terminal degree sought, the choice of career specialty, and geographic location of employment or practice. Earnings for those with certain medical and dental specialties are potentially lucrative.</p> |
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