

BS in Exercise & Wellness (663434) 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:

Requirements	# Classes	Hours	Classes
University 101	1	2.0	UNIV 101
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 321*
Core Enrichment: Electives			
Religion Electives	3-4	6.0	from approved list
Open Electives	varied	varied	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

1st Semester

UNIV 101	2.0
First-year Writing of American Heritage	3.0
NDFS 100	3.0
Social Science Elective	3.0
Global & Cultural Awareness Elective	3.0
Quantitative Reasoning (if needed)**	0-3.0
Total Hours	15-18.0

**If the student needs to complete this requirement, it is strongly suggested that they do so before the 1st semester of freshman year

2nd Semester

First-year Writing of American Heritage	3.0
STDEV 150	3.0
Civilization 1 elective	3.0
STAT 121	3.0
Religion Cornerstone course	2.0
Total Hours	14.0

SOPHOMORE YEAR

3rd Semester

Civilization 2 elective	3.0
CELL 220	4.0
Major electives	7.0
Religion Cornerstone Course	2.0
Total Hours	16.0

4th Semester

Arts or Letters elective	3.0
Major Elective	3.0
CELL 305	4.0
HLTH 320	3.0
Religion Cornerstone course	2.0
Total Hours	15.0

JUNIOR YEAR

5th Semester

EXSC 463	3.0
EXSC 464	0.5
EXSC 410	3.0
Major electives	5.0
Religion Cornerstone course	2.0
Arts or Letters elective	3.0
Total Hours	16.5

6th Semester

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

SENIOR YEAR

7th Semester

EXSC 399R	4.0
Religion elective	2.0
Major electives	5.0
General education courses, university requirements, and/or general electives	4.0
Total Hours	15.0

8th Semester

EXSC 399R	4.0
General education courses, university requirements, religion elective, and/or general electives	11.0
Total Hours	16.0

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.

BS in Exercise & Wellness (663434)

2025 - 2026 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</p> <p>CELL 305 - Human Physiology 4.0</p> <p>HLTH 320 - Advanced First Aid and Safety 3.0</p> <p>*NDFS 100 - Essentials of Human Nutrition 3.0</p> <p>*STAT 121 - Principles of Statistics 3.0</p> <p>STDEV 150 - Public Speaking 3.0</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</p> <p>EXSC 360 - Exercise is Medicine 3.0</p> <p>EXSC 387 - Lifestyle and Chronic Disease Prevention 3.0</p> <p>EXSC 410 - Stress Management 3.0</p> <p>EXSC 463 - Exercise Physiology 3.0</p> <p>EXSC 464 - Exercise Physiology Lab 0.5</p> <p>EXSC 480 - Obesity and Weight Management 3.0</p> <p>REQUIREMENT 3 (3.0 Credits)</p> <p>EXPERIENTIAL LEARNING:</p> <p>EXSC 399R - Exercise Science Internship 3.0v</p> <p>EXSC 399R - Huntsman World Senior Games Internship 3.0v</p> <p>EXSC 497R - Undergraduate Research and Study 3.0v</p> <p>REQUIREMENT 4 Complete a Minimum of 21.0 Credits from the Following Options</p> <p>ELECTIVES:</p> <p>OPTION 4.1 At Least 15.0 Credits from the Following Courses</p> <p>CELL 365 - Pathophysiology 4.0</p> <p>*EXSC 221 - Science of Wellness 3.0</p> <p>EXSC 320 - Basic Athletic Training 3.0</p> <p>EXSC 321 - Basic Athletic Training Lab 0.5</p> <p>EXSC 362 - Kinesiology and Biomechanics 3.0</p> <p>EXSC 385 - Personal Training Strategies 3.0</p> <p>EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab) 4.0</p> <p>EXSC 455 - Worksite Health Promotion 3.0</p> <p>EXSC 468 - Exercise Prescription 3.0</p> <p>HLTH 335 - Health Behavior Change 3.0</p> <p>HLTH 345 - Principles of Epidemiology 3.0</p> <p>HLTH 460 - Substance Use Disorders and the Individ, Fam, & Comm 3.0</p> <p>HLTH 466 - Health and the Aging Process 3.0</p> <p>NDFS 310 - Nutrition and Metabolism in Sports and Exercise 3.0</p> <p>PSYCH 220 - Human Development: Life Span 3.0</p>	<p>PSYCH 356 - Introduction to Health Psychology 3.0</p> <p>STDEV 317 - Job Search Strategies 2.0</p> <p>OPTION 4.2 At Least 6.0 Credits from the Following Courses</p> <p>ACC 200 - Principles of Accounting 3.0</p> <p>BIO 130 - Biology 4.0</p> <p>CELL 363 - Advanced Physiology Laboratory 4.0</p> <p>CHEM 101 - Introductory General Chemistry 3.0</p> <p>CHEM 105 -General College Chemistry 1 with Lab (Integrated) 4.0</p> <p>CHEM 285 - Introductory Bio-organic Chemistry 4.0</p> <p>ENT 301 - Business Model Ideation & Validation 3.0</p> <p>EXSC 350 - Research Methods and Evidence Based Practices 3.0</p> <p>EXSC 466 - Introduction to Electrocardiograms 2.0</p> <p>FIN201 - Principles of Finance 3.0</p> <p>HLTH 383 - Mind/Body Health 3.0</p> <p>HLTH 403R - Special Topics 5.0v</p> <p>HLTH 450 - Women's Health Issues 3.0</p> <p>HRM 300 - Organizational Behavior 3.0</p> <p>MKTG 201 - Marketing Management 3.0</p> <p>MMBIO 221 - General Microbiology 3.0</p> <p>NDFS 200 - Nutrient Metabolism 3.0</p> <p>STDEV 170 - Introduction to Health Professions 1.0</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><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>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 of life and avoid unnecessary medical expenses.</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. 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>
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