## Department of Exercise Sciences — Advisement Responsibilities

### Faculty Office Hours

**Life Sciences Advisement**  
**College of Life Sciences**

<table>
<thead>
<tr>
<th>Life Sciences Advisement</th>
<th>Office Hours</th>
<th>Beginning point for advisement and</th>
</tr>
</thead>
<tbody>
<tr>
<td>2060 LSB</td>
<td>8:00 a–5:00 p</td>
<td>Declare major, major advisement, AIPs</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:lifesciences@byu.edu">lifesciences@byu.edu</a></td>
<td>M–F</td>
<td>Course selection, scheduling</td>
</tr>
<tr>
<td>Website: <a href="https://lsa.byu.edu/">https://lsa.byu.edu/</a></td>
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<td>Graduation applications</td>
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<td>Transfer students, course substitutions, waivers</td>
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<td>GE questions, how to thrive at BYU, postgrad planning</td>
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</tbody>
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### BS Exercise & Wellness (student is CURRENTLY a major)

- **Carol Stepan (Last Names A–G)**  
  2060 LSB  | 801-422-3042  
  lifesciences@byu.edu

- **Farris Child (Last Names H–Z)**  
  2060 LSB  | 801-422-3042  
  lifesciences@byu.edu

- **Dr. Bruce Bailey**  
  267 SFH  | 801-422-8674  
  bailey.bruce@gmail.com

- **Review/Approval course substitutions and waivers**  
  Transfer classes

### BS Exercise Science (student is CURRENTLY a major)

- **Carol Stepan (Last Names A–G)**  
  2060 LSB  | 801-422-3042  
  lifesciences@byu.edu

- **Daniel Dearden (Last Names H–L)**  
  2060 LSB  | 801-422-3042  
  lifesciences@byu.edu

- **Monica Eastman (Last Names M–Z)**  
  2060 LSB  | 801-422-3042  
  lifesciences@byu.edu

- **Dr. Pat Vehrs**  
  228A SFH  | 801-422-1626  
  pat_vehrs@byu.edu

- **Dr. Ulrike Mitchell**  
  268 SFH  | 801-422-3344  
  rike_mitchell@byu.edu

- **(interested in Physical Therapy school ONLY)**

### Exercise Sciences Internships  INTERNSHIPS ONLY (student is CURRENTLY a major)

- **Mandy Christensen**  
  228C SFH  | 801-422-0588  
  mandy_christensen@byu.edu

- **INTERNSHIP COORDINATOR**  
  Department Internship Website  
  https://exse.byu.edu/internships/getting-started  
  IRAMS issues (online application)  
  Approvals  
  Master Agreements
Integrated BS Exercise Science/MAT (student is CURRENTLY a major)

Dr. Mike Diede
274 SFH  |  801-422-2145
mike_diede@byu.edu

All majors

Dr. Aaron Wells
228 SFH  |  801-422-4776
aaron_wells@byu.edu

All majors

Farris Child
2060 LSB  |  801-422-3042
lifesciences@byu.edu

• Declare major, major advisement, AIPs
• Course selection, scheduling
• Graduation applications
• Transfer students, course substitutions, waivers
• GE questions, how to thrive at BYU, postgrad planning
• Timing, planning, and prep for Integrated MAT

GRADUATE ADVISEMENT

Dr. Ulrike Mitchell
268 SFH  |  801-422-3344
rike_mitchell@byu.edu

Graduate Coordinator
MS Exercise Sciences
PhD Exercise Sciences

Dr. Mike Diede
274 SFH  |  801-422-2145
mike_diede@byu.edu

MAT (Master of Athletic Training)
Entry level degree
No Thesis or Research required

Preprofessional Advisement Center

KrisTina Carlston
3328 WSC  |  801-422-3044
Schedule Appointment

Director
St Dev 470 2-cr elective
Health Professional School Applications

Dr. David Kaiser
3328 WSC  |  801-422-3044
Schedule Appointment

Premed and Predent Advisor
St Dev 271 1-cr elective, St Dev 470 2-cr elective
Prerequisites for Health Professional Schools
Health Professional School Applications

Kye Barnett
3328 WSC  |  801-422-3044
Schedule Appointment

Premed Advisor
St Dev 272 1-cr elective, St Dev 470 2-cr elective
Prerequisites for Health Professional Schools
Health Professional School Applications

Career Services & Advisement

Candilyn Newell, PhD
2060F LSB  |  801-422-6935
candilyn_newell@byu.edu

University Advisor for CLS
Resumes, Cover Letters, Job Search, Interviewing, Networking, and Professional Presentation & Engagement, Personal Statements, Letters of Intent, Grad School Preparation
St Dev 317—Career Strategies 2-cr elective
St Dev 318—Graduate School Prep 2-cr elective
St Dev 319—Professionalism 2-cr elective