BS in Exercise & Wellness (663434) MAP Sheet
Life Sciences, Exercise Sciences
For students entering the degree program during the 2022-2023 curricular year.

University Core and Graduation Requirements

University Core Requirements:
- Requirements
  - Classes
  - Hours
  - Classes

Religion Cornerstones
- Teachings and Doctrine of The Book of Mormon
  - REL A 275
- Jesus Christ and the Everlasting Gospel
  - REL A 250
- Foundations of the Restoration
  - REL C 225
- The Eternal Family
  - REL C 200
- The Individual and Society
- American Heritage
  - 1
  - 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
  - 3.0
  - from approved list
  - Civilization
  - 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
  - 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

Suggested Sequence of Courses

Freshman Year

1st Semester
- First-year Writing or American Heritage
  - 3.0
- Quantitative Reasoning (if needed)
  - 0-3.0
- Religion Cornerstone course
  - 2.0
- NDFS 1003.0
- Social Science elective
  - 3.0
- Global & Cultural Awareness elective
  - 3.0
- Total Hours
  - 14-17.0

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

2nd Semester
- First-year Writing or American Heritage
  - 3.0
- STDEV 1503.0
Religion Cornerstone course 2.0
STAT 121 (Lang. of Learning) 3.0
Civilization 1 elective 3.0
Total Hours 14.0

Sophomore Year
3rd Semester
CELL 2204.0
Major electives 7.0
Religion Cornerstone course 2.0
Civilization 2 elective 3.0
Total Hours 16.0

4th Semester
HLTH 3203.0
CELL 3054.0
Arts or Letters elective 3.0
Religion Cornerstone course 2.0
Major elective 3.0
Total Hours 15.0

Junior Year
5th Semester
EXSC 4633.0
EXSC 4640.5
EXSC 4103.0
Major electives 5.0
Religion elective 2.0
Arts or Letters elective 3.0
Total Hours 16.5

6th Semester
EXSC 3873.0
EXSC 4802.0
Major electives 6.0
Religion elective 2.0
Adv. Written & Oral Communication 3.0
Total Hours 16.0

Senior Year
7th Semester
EXSC 399R4.0
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 399R4.0
General Education courses, university requirements, and/or general electives 11.0
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.
BS in Exercise & Wellness (663434) 2022-2023 Program Requirements (60.5 Credit Hours)

requirement 1: Complete 6 courses
Prerequisites to the exercise and wellness core:
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

requirement 2: Complete 5 courses
Required core courses:
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

requirement 3: Complete 4.0 hours from the following course(s)
Required core course:
EXSC 399R - Huntsman World Senior Games Internship 2.0v
You may take up to 2 credit hours.
EXSC 399R - Exercise Sciences Internship 9.0v
You may take up to 4 credit hours.

requirement 4: Complete 24.0 hours from the following option(s)
Electives:
option 4.1: Complete up to 24.0 hours from the following course(s)
Complete a minimum of 18 hours from the following:
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 - (Not currently offered)

option 4.2: Complete up to 6.0 hours from the following course(s)
Complete up to 6 hours from the following:
ACC 200 - Principles of Accounting 3.0
BIO 130 - Biology 4.0
CELL 363 - Advanced Physiology Laboratory 1.0
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
ENT 381 - Entrepreneurship Lecture Series 1.0
EXSC 350 - Research Methods and Evidence Based Practices 3.0
EXSC 399R - Huntsman World Senior Games Internship 2.0v
You may take this course up to 1 time.
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
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.
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.

THE DISCIPLINE
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.

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.

CAREER OPPORTUNITIES
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.

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.

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.

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.
BS in Exercise & Wellness (663434) 2022-2023

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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