

# BS in Exercise & Wellness (663434) MAP Sheet

Life Sciences, Exercise Sciences

For students entering the degree program during the 2017-2018 curricular year.



University Core and Graduation Requirements	Suggested Sequence of Courses																																																																																													
<b>University Core Requirements:</b>																																																																																														
<b>Requirements</b>	<b>#Classes</b>	<b>Hours</b>																																																																																												
<b>Religion Cornerstones</b>		<b>Classes</b>																																																																																												
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																																																																																												
<b>The Individual and Society</b>																																																																																														
American Heritage	1-2	3-6.0 from approved list																																																																																												
Global and Cultural Awareness	1	3.0 from approved list																																																																																												
<b>Skills</b>																																																																																														
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*																																																																																												
<b>Arts, Letters, and Sciences</b>																																																																																														
Civilization 1	1	3.0 from approved list																																																																																												
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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*																																																																																												
<b>Core Enrichment: Electives</b>																																																																																														
Religion Electives	3-4	6.0 from approved list																																																																																												
Open Electives	Variable	Variable personal choice																																																																																												
*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (9 hours overlap)																																																																																														
<b>Graduation Requirements:</b>																																																																																														
Minimum residence hours required		30.0																																																																																												
Minimum hours needed to graduate		120.0																																																																																												
<p><b>FRESHMAN YEAR</b></p> <p><u>1st Semester</u></p> <table style="width: 100%;"> <tr> <td>First-year Writing or American Heritage</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Quantitative Reasoning (if needed)</td> <td style="text-align: center;">0-3.0</td> </tr> <tr> <td>Religion Cornerstone course</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>NDFS 100</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Social Science elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Global &amp; Cultural Awareness elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td><b>Total Hours</b></td> <td style="text-align: center;"><b>14-17.0</b></td> </tr> </table> <p><u>2nd Semester</u></p> <table style="width: 100%;"> <tr> <td>First-year Writing or American Heritage</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>STDEV 150</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Religion Cornerstone course</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>STAT 121 (Lang. of Learning)</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Civilization 1 elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td><b>Total Hours</b></td> <td style="text-align: center;"><b>14.0</b></td> </tr> </table> <p><b>SOPHOMORE YEAR</b></p> <p><u>3rd Semester</u></p> <table style="width: 100%;"> <tr> <td>EXSC 302</td> <td style="text-align: center;">1.0</td> </tr> <tr> <td>PDBIO 220</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Major electives</td> <td style="text-align: center;">6.0</td> </tr> <tr> <td>Religion Cornerstone course</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>Civilization 2 elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td><b>Total Hours</b></td> <td style="text-align: center;"><b>15.0</b></td> </tr> </table> <p><u>4th Semester</u></p> <table style="width: 100%;"> <tr> <td>HLTH 320</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>PDBIO 305</td> <td style="text-align: center;">4.0</td> </tr> <tr> <td>Arts or Letters elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Religion Cornerstone course</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>Major elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td><b>Total Hours</b></td> <td style="text-align: center;"><b>15.0</b></td> </tr> </table> <p><b>JUNIOR YEAR</b></p> <p><u>5th Semester</u></p> <table style="width: 100%;"> <tr> <td>EXSC 463 (FWSp)</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>EXSC 464 (FWSp)</td> <td style="text-align: center;">0.5</td> </tr> <tr> <td>EXSC 410</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>Major electives</td> <td style="text-align: center;">5.0</td> </tr> <tr> <td>Religion elective</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>Arts or Letters elective</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td><b>Total Hours</b></td> <td style="text-align: center;"><b>16.5</b></td> </tr> </table> <p><u>6th Semester</u></p> <table style="width: 100%;"> <tr> <td>EXSC 387 (FW)</td> <td style="text-align: center;">3.0</td> </tr> <tr> <td>EXSC 480</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>Major electives</td> <td style="text-align: center;">6.0</td> </tr> <tr> <td>Religion elective</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>Adv. 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Taking fewer credits substantially increases the cost and the number of semesters to graduate.</p> <p>This handout is NOT a contract between Brigham Young University and present or prospective students. Although the University makes every effort to ensure the accuracy of this information, it reserves the right to make changes as university business may require. Students should regularly consult their department or college advisement center.</p>			First-year Writing or American Heritage	3.0	Quantitative Reasoning (if needed)	0-3.0	Religion Cornerstone course	2.0	NDFS 100	3.0	Social Science elective	3.0	Global & Cultural Awareness elective	3.0	<b>Total Hours</b>	<b>14-17.0</b>	First-year Writing or American Heritage	3.0	STDEV 150	3.0	Religion Cornerstone course	2.0	STAT 121 (Lang. of Learning)	3.0	Civilization 1 elective	3.0	<b>Total Hours</b>	<b>14.0</b>	EXSC 302	1.0	PDBIO 220	3.0	Major electives	6.0	Religion Cornerstone course	2.0	Civilization 2 elective	3.0	<b>Total Hours</b>	<b>15.0</b>	HLTH 320	3.0	PDBIO 305	4.0	Arts or Letters elective	3.0	Religion Cornerstone course	2.0	Major elective	3.0	<b>Total Hours</b>	<b>15.0</b>	EXSC 463 (FWSp)	3.0	EXSC 464 (FWSp)	0.5	EXSC 410	3.0	Major electives	5.0	Religion elective	2.0	Arts or Letters elective	3.0	<b>Total Hours</b>	<b>16.5</b>	EXSC 387 (FW)	3.0	EXSC 480	2.0	Major electives	6.0	Religion elective	2.0	Adv. 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### 2017-2018 Program Requirements (60.5 Credit Hours)

<p><b>Complete the senior exit interview.</b></p> <p><b>REQUIREMENT 1</b> Complete 6 courses</p> <p><b>PREREQUISITES TO THE EXERCISE AND WELLNESS CORE:</b></p> <p>HLTH 320 - Advanced First Aid and Safety 3.0</p> <p>*NDFS 100 - Essentials of Human Nutrition 3.0</p> <p>PDBIO 220 - Human Anatomy (with lab) 3.0</p> <p>PDBIO 305 - Human Physiology 4.0</p> <p>*STAT 121 - Principles of Statistics 3.0</p> <p>STDEV 150 - Public Speaking 3.0</p> <p><b>REQUIREMENT 2</b> Complete 6 courses</p> <p><b>REQUIRED CORE COURSES:</b></p> <p>EXSC 302 - Philosophical and Ethical Issues in Exercise Sciences 1.0</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><b>REQUIREMENT 3</b> Complete 4.0 hours from the following course(s)</p> <p><b>REQUIRED CORE COURSE:</b></p> <p>EXSC 399R - Exercise and Wellness Internship 9.0v</p> <p><i>You may take up to 4 credit hours.</i></p> <p><b>REQUIREMENT 4</b> Complete 24.0 hours from the following option(s)</p> <p><b>ELECTIVES:</b></p> <p><b>OPTION 4.1</b> Complete up to 24.0 hours from the following course(s)</p> <p><b>COMPLETE A MINIMUM OF 18 HOURS FROM THE FOLLOWING:</b></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 349 - Body, Mind, Spirit 3.0</p> <p>EXSC 365 - Scientific Bases of Sport: Kinesiology 2.0</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 - Problems in Exercise Prescription 2.0</p> <p>HLTH 335 - Health Behavior Change 3.0</p> <p>HLTH 345 - Principles of Epidemiology 3.0</p> <p>HLTH 460 - Substance Abuse and Addictive Behavior 3.0</p> <p>HLTH 466 - Health and the Aging Process 3.0</p> <p>NDFS 310 - Nutrition and Metabolism in Sports and Exercise 2.0</p> <p>PDBIO 365 - Pathophysiology 4.0</p>	<p>PSYCH 220 - Human Development: Life Span 3.0</p> <p>PSYCH 356 - Introduction to Health Psychology 3.0</p> <p>STDEV 317 - Career Strategies for Employment and Internships 2.0</p> <p><b>OPTION 4.2</b> Complete up to 6.0 hours from the following course(s)</p> <p><b>COMPLETE UP TO 6 HOURS FROM THE FOLLOWING:</b></p> <p>ACC 200 - Principles of Accounting 3.0</p> <p>BIO 130 - Biology 4.0</p> <p>BUS M 241 - Marketing Management 3.0</p> <p>BUS M 371R - Entrepreneurship Lecture Series 1.0</p> <p><i>You may take this course up to 1 time.</i></p> <p>BUS M 372 - Basic Entrepreneurship Skills 3.0</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>FIN 201 - 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>MMBIO 221 - General Microbiology 3.0</p> <p>NDFS 200 - Nutrient Metabolism 3.0</p> <p>ORG B 320 - Organizational Effectiveness 3.0</p> <p>PDBIO 363 - Advanced Physiology Laboratory 1.0</p> <p>STDEV 170 - Introduction to Health Professions 1.0</p> <p><b>THE DISCIPLINE</b></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>	<p><b>CAREER OPPORTUNITIES</b></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>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>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> <p>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.</p> <p><b>MAP DISCLAIMER</b></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</p>
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## **BS in Exercise & Wellness (663434)**

**2017-2018**

advisement center/department for complete guidelines.

### **DEPARTMENT INFORMATION**

#### **Exercise Sciences Department**

Brigham Young University  
106 Smith Fieldhouse  
Provo, UT 84602-2216  
Telephone: (801) 422-6507

### **ADVISEMENT CENTER INFORMATION**

Marcia Richards  
**Life Science Student Services**  
Brigham Young University  
2060 Life Sciences Building  
Provo, UT 84602  
Telephone: (801) 422-3042  
lifesciences@byu.edu