## University Core and Graduation Requirements

### University Core Requirements:

**Requirements** | **#Classes** | **Hours** | **Classes**
--- | --- | --- | ---
**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 | ENGL 316 recommended
Quantitative Reasoning | 1 | 3-4.0 | MATH 112* or 119* or STAT 121*
Languages of Learning (Math or Language) | 1 | 3-4.0 | MATH 112* or 119* or 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 | PDBIO 120*
Physical Science | 1 | 3.0 | CHEM 105* & PHSCS 105*
Social Science | 1 | 3.0 | PSYCH 111*, SOC 111* or 112*
**Core Enrichment: Electives** |  |  |  
Religion Electives | 3-4 | 6.0 | from approved list
Open Electives | Variable | Variable | personal choice

*These courses fill University Core and Program Requirements

### Graduation Requirements:

Minimum residence hours required | 30.0
Minimum hours needed to graduate | 120.0

---

### Suggested Sequence of Courses

#### FRESHMAN YEAR

<table>
<thead>
<tr>
<th>1st Semester</th>
<th>2nd Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-year Writing or American Heritage</td>
<td>3.0</td>
</tr>
<tr>
<td>Religion cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>MMBIO 240</td>
<td>3.0</td>
</tr>
<tr>
<td>CHEM 105</td>
<td>4.0</td>
</tr>
<tr>
<td>Quantitative Reasoning (if required)</td>
<td>0-3.0</td>
</tr>
<tr>
<td>Total Hours</td>
<td><strong>15-18.0</strong></td>
</tr>
</tbody>
</table>

#### SOPHOMORE YEAR

<table>
<thead>
<tr>
<th>3rd Semester</th>
<th>4th Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Civilization 2 elective</td>
<td>3.0</td>
</tr>
<tr>
<td>PHSCS 105 &amp; 107</td>
<td>4.0</td>
</tr>
<tr>
<td>NDFS 100</td>
<td>3.0</td>
</tr>
<tr>
<td>Social Science elective</td>
<td>3.0</td>
</tr>
<tr>
<td>Religion Cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>Total Hours</td>
<td><strong>15.0</strong></td>
</tr>
</tbody>
</table>

#### JUNIOR YEAR

<table>
<thead>
<tr>
<th>5th Semester</th>
<th>6th Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Civilization 2 elective</td>
<td>3.0</td>
</tr>
<tr>
<td>PHSCS 105 &amp; 107</td>
<td>4.0</td>
</tr>
<tr>
<td>NDFS 100</td>
<td>3.0</td>
</tr>
<tr>
<td>Social Science elective</td>
<td>3.0</td>
</tr>
<tr>
<td>Religion Cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>Total Hours</td>
<td><strong>15.0</strong></td>
</tr>
</tbody>
</table>

#### SENIOR YEAR

<table>
<thead>
<tr>
<th>7th Semester</th>
<th>8th Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHSCS 106 &amp; 108</td>
<td>4.0</td>
</tr>
<tr>
<td>Arts or Letters elective</td>
<td>3.0</td>
</tr>
<tr>
<td>Global &amp; Cultural Awareness elective</td>
<td>3.0</td>
</tr>
<tr>
<td>PDBIO 220</td>
<td>3.0</td>
</tr>
<tr>
<td>Religion Cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>Total Hours</td>
<td><strong>15.0</strong></td>
</tr>
</tbody>
</table>

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.

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.
BS in Exercise Science (663435)
2017-2018 Program Requirements (59.5 Credit Hours)

Complete a senior exit interview.

REQUIREMENT 1 Complete 11 courses
- CHEM 105 - General College Chemistry 1 with Lab (Integrated) 4.0
- CHEM 106 - General College Chemistry 2 3.0
- CHEM 107 - General College Chemistry Laboratory 1.0
- MMBIO 240 - Molecular Biology 3.0
- NDFS 100 - Essentials of Human Nutrition 3.0
- *PDBIO 120 - Science of Biology 3.0
- PDBIO 220 - Human Anatomy (with lab) 3.0
- PHCS 105 - General Physics 1 3.0
- PHCS 106 - General Physics 2 3.0
- PHCS 107 - General Physics Labs 1 1.0
- PHCS 108 - General Physics Labs 2 1.0

REQUIREMENT 2 Complete 1 option

OPTION 2.1 Complete 1 course
- PDBIO 305 - Human Physiology 4.0

OPTION 2.2 Complete 2 courses
- PDBIO 362 - Advanced Physiology 3.0
- PDBIO 363 - Advanced Physiology Laboratory 1.0

REQUIREMENT 3 Complete 8 courses

MAJOR COURSES:
- EXSC 302 - Philosophical and Ethical Issues in Exercise Sciences 1.0
- EXSC 320 - Basic Athletic Training 3.0
- EXSC 362 - Kinesiology and Biomechanics 3.0
- EXSC 387 - Lifestyle and Chronic Disease Prevention 3.0
- EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab) 4.0
- EXSC 460 - Orthopaedic Impairments and Therapeutic Exercise 3.0
- EXSC 463 - Exercise Physiology 3.0
- EXSC 464 - Exercise Physiology Lab 0.5

REQUIREMENT 4 Complete 8.0 hours from the following course(s)

SOME OF THESE ELECTIVES HAVE REQUIRED PREREQUISITES.

CHEM 283 - Introductory Bio-organic Chemistry 4.0
CHEM 351 - Organic Chemistry 1 3.0
CHEM 351M - Organic Chemistry 1 - Majors 3.0
CHEM 352 - Organic Chemistry 2 3.0
CHEM 352M - Organic Chemistry 2 - Majors 3.0
CHEM 353 - Organic Chemistry Laboratory—Nonmajors 2.0v
CHEM 481 - Biochemistry 3.0
CHEM 481M - Biochemistry—Majors 3.0
EXSC 221 - Science of Wellness 3.0
EXSC 321 - Basic Athletic Training Lab 0.5
EXSC 455 - Worksite Health Promotion 3.0
EXSC 468 - Problems in Exercise Prescription 2.0

EXSC 470 - Functional Neuroanatomy 3.0
EXSC 497R - Undergraduate Research and Study 4.0v

THE DISCIPLINE:
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, motor learning, 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.

CAREER OPPORTUNITIES:
The exercise science degree provides excellent preparation for students interested in graduate work in exercise physiology (MS, 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 also find opportunities in community, corporate or hospital wellness or fitness centers, and health promotion programs.

The major is designed to prepare students to enter graduate programs in several health related professions; specifically exercise science master’s 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.

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

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

Preprofessional Advisement Center
3328 WSC
(801) 422-3044