## University Core and Graduation Requirements

### University Core Requirements:

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Religion Cornerstones</strong></td>
<td></td>
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<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
<td>2.0</td>
<td>REL A 275</td>
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<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
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<td>2.0</td>
<td>REL A 250</td>
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<tr>
<td>Foundations of the Restoration</td>
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<td>2.0</td>
<td>REL C 225</td>
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<tr>
<td>The Eternal Family</td>
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<td>REL C 200</td>
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<tr>
<td><strong>The Individual and Society</strong></td>
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<tr>
<td>American Heritage</td>
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<td>3-6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Global and Cultural Awareness</td>
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<td>3.0</td>
<td>from approved list</td>
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<tr>
<td><strong>Skills</strong></td>
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<tr>
<td>First Year Writing</td>
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<tr>
<td>Advanced Written and Oral Communications</td>
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<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
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<td>3.0</td>
<td>STAT 121*</td>
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<tr>
<td>Languages of Learning (Math or Language)</td>
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<td>3.0</td>
<td>STAT 121*</td>
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<tr>
<td><strong>Arts, Letters, and Sciences</strong></td>
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<tr>
<td>Civilization 1</td>
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<td>Civilization 2</td>
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<td>Letters</td>
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<tr>
<td>Biological Science</td>
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<td>NDFS 100*</td>
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<tr>
<td>Physical Science</td>
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<td>Social Science</td>
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<td>3.0</td>
<td>EXSC 221*</td>
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<td><strong>Core Enrichment: Electives</strong></td>
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<tr>
<td>Religion Electives</td>
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<td>6.0</td>
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<tr>
<td>Open Electives</td>
<td>Variable</td>
<td>Variable</td>
<td>personal choice</td>
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</tbody>
</table>

*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
- Major electives: 3.0

**2nd Semester**
- First-year Writing or American Heritage: 3.0
- Religion Cornerstone course: 2.0
- Languages of Learning (Math or Language): 3.0

**Total Hours**: 14-17.0

**3rd Semester**
- Religion Cornerstone course: 2.0
- Religion Cornerstone course: 2.0
- Major Electives: 3.0

**Total Hours**: 14.0

#### SOPHOMORE YEAR

**3rd Semester**
- Religion Cornerstone course: 2.0
- Religion Cornerstone course: 2.0
- Major Electives: 3.0

**Total Hours**: 16.0

**4th Semester**
- Religion Cornerstone course: 2.0
- Religion Cornerstone course: 2.0
- Major Electives: 3.0

**Total Hours**: 16.0

#### JUNIOR YEAR

**5th Semester**
- REL 400: 3.0
- Religion elective: 2.0
- Arts or Letters elective: 3.0

**Total Hours**: 15.0

**6th Semester**
- REL 400: 3.0
- Religion elective: 2.0
- General Education courses, university requirements, and/or general electives: 4.0

**Total Hours**: 25.0

#### SENIOR YEAR

**3rd Semester**
- General Education courses, university requirements, and/or general electives: 4.0

**Total Hours**: 11.0

**4th Semester**
- General Education courses, university requirements, and/or general electives: 4.0

**Total Hours**: 15.0

**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.

Please check with departments for current availability of all courses.
## BS in Exercise & Wellness (663434)

### 2020-2021 Program Requirements (60.5 Credit Hours)

### REQUIRED COURSES:
- **EXSC 399R - Exercise Sciences Internship**: 3.0
- **EXSC 480**: 3.0
- **EXSC 464**: 4.0
- **EXSC 463**: 3.0
- **EXSC 410**: 3.0
- **EXSC 387**: 3.0
- **STDEV 150**: 3.0
- ***STAT 121**: 4.0
- **PDBIO 305**: 3.0
- ***NDFS 100**: 3.0
- **HLTH 320**: 3.0

### ELECTIVES:

#### OPTION 4.1 Complete up to 24.0 hours from the following course(s)
- **Complete a minimum of 18 hours from the following:**
  - "EXSC 321 - Science of Wellness" 3.0
  - "EXSC 320 - Basic Athletic Training" 3.0
  - "EXSC 321 - Basic Athletic Training Lab" 3.0
  - "EXSC 362 - Kinesiology and Biomechanics" 3.0
  - "EXSC 385 - Personal Training Strategies" 3.0
  - "EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab)" 3.0
  - "EXSC 455 - Worksite Health Promotion" 3.0
  - "EXSC 468 - Problems in Exercise Prescription" 2.0
  - "HLTH 335 - Health Behavior Change" 3.0
  - "HLTH 345 - Principles of Epidemiology" 3.0
  - "HLTH 460 - Substance Use Disorders and the Individual, Family, and Community" 3.0
  - "HLTH 466 - Health and the Aging Process" 3.0
  - "NDFS 310 - Nutrition and Metabolism in Sports and Exercise" 3.0
  - "PDBIO 365 - Pathophysiology" 4.0
  - "PSYCH 220 - Human Development: Life Span" 3.0
  - "PSYCH 356 - Introduction to Health Psychology" 3.0
  - "STDEV 317 - Career Strategies for Employment and Internships" 2.0

#### 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
  - "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
  - "EXSC 350 - Research Methods and Evidence Based Practices" 3.0
  - "STDEV 137: Human World Senior Games Internship" 2.0

### REQUIREMENTS

- **Complete 6 courses**
- **REQUIREMENTS TO THE EXERCISE AND WELLNESS CORE:**
  - **HLTH 320 - Advanced First Aid and Safety** 3.0
  - "*NDFS 100 - Essentials of Human Nutrition" 3.0
  - "PDBIO 220 - Human Anatomy (with lab)" 4.0
  - "PDBIO 365 - Human Physiology" 4.0
  - "*STAT 121 - Principles of Statistics" 3.0
  - "STDEV 150 - Public Speaking" 3.0
- **REQUIRED COURSES:**
  - "STDEV 150 - Public Speaking" 3.0
  - "HLTH 383 - Mind/Body Health" 3.0
  - "HLTH 450 - Women’s Health Issues" 3.0
  - "HLTH 403R - Special Topics" 3.0
  - "HLTH 345 - Health Behavior Change" 3.0
  - "HLTH 335 - Health Behavior Change" 3.0
- **OPTION 4.1 Complete up to 24.0 hours from the following course(s)**
  - "Complete a minimum of 18 hours from the following:" 3.0
  - "EXSC 466 - Introduction to Electrocardiograms" 3.0
  - "FIN 201 - Principles of Finance" 3.0
  - "HLTH 383 - Mind/Body Health" 3.0
  - "HLTH 403R - Special Topics" 3.0
  - "HLTH 450 - Women’s Health Issues" 3.0
  - "HLTH 403R - Special Topics" 3.0
  - "STDEV 150 - Public Speaking" 3.0
- **OPTION 4.2 Complete up to 6.0 hours from the following course(s)**
  - "Complete up to 6 hours from the following:" 3.0
  - "EXSC 350 - Research Methods and Evidence Based Practices" 3.0
  - "STDEV 137: Human World Senior Games Internship" 2.0

### 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.
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.

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