### University Core and Graduation Requirements

#### University Core Requirements:
<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
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<tbody>
<tr>
<td>Religion Cornerstones</td>
<td></td>
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<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
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<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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<td>Foundations of the Restoration</td>
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<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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<td>The Individual and Society</td>
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<tr>
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<tr>
<td>Global and Cultural Awareness</td>
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<td>Skills</td>
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<td>Advanced Written and Oral Communications</td>
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<td>Quantitative Reasoning</td>
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<td>STAT 121*</td>
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<tr>
<td>Languages of Learning (Math or Language)</td>
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<td>Arts, Letters, and Sciences</td>
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<td>Civilization 1</td>
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<td>NDFS 100*</td>
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<td>Physical Science</td>
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<td>EXSC 221*</td>
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<td>Core Enrichment: Electives</td>
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<td>Religion Electives</td>
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<td>Open Electives</td>
<td>Variable</td>
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<td>personal choice</td>
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</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
  - NDFS 100: 3.0
  - 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 150: 3.0
  - Religion Cornerstone course: 2.0
  - STA 201 (Lang. of Learning): 3.0
  - Civilization elective: 3.0
  - Total Hours: 14.0

#### SOPHOMORE YEAR
- **3rd Semester**
  - PDBIO 220: 4.0
  - Major electives: 7.0
  - Religion Cornerstone course: 2.0
  - Civilization 2 elective: 3.0
  - Total Hours: 16.0

- **4th Semester**
  - HLTH 320: 3.0
  - PDBIO 305: 4.0
  - Arts or Letters elective: 3.0
  - Religion Cornerstone course: 2.0
  - Major elective: 3.0
  - Total Hours: 15.0

#### JUNIOR YEAR
- **5th Semester**
  - EXSC 463 (FW Sp): 3.0
  - EXSC 464 (FW Sp): 0.5
  - EXSC 410: 3.0
  - Major electives: 5.0
  - Religion elective: 2.0
  - Arts or Letters elective: 3.0
  - Total Hours: 16.5

- **6th Semester**
  - EXSC 387 (FW): 3.0
  - EXSC 480: 2.0
  - Major electives: 6.0
  - Religion elective: 2.0
  - Adv. Written & Oral Communication: 3.0
  - Total Hours: 16.0

#### SENIOR YEAR
- **7th Semester**
  - EXSC 399R: 4.0
  - Religion elective: 2.0
  - Major electives: 5.0
  - General Education courses, university requirements, and/or general electives: 4.0
  - Total Hours: 25.0

- **8th Semester**
  - EXSC 399R (FW Sp Su): 4.0
  - General Education courses, university requirements, and/or general electives: 11.0
  - Total Hours: 15.0

Additional courses include prehealth sciences such as EXSC 463 (FW Sp) and EXSC 464 (FW Sp). 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.
Complete the senior exit interview.

**REQUIREMENT 2: Complete 5 courses**

**REQUIRED CORE COURSES:**
- EXSC 387 - Lifestyle and Chronic Disease Prevention
- EXSC 410 - Stress Management
- EXSC 463 - Exercise Physiology
- EXSC 464 - Exercise Physiology Lab
- EXSC 480 - Obesity and Weight Management
- STDEV 150 - Public Speaking

**REQUIREMENT 3: Complete 4.0 hours from the following course(s)**

** REQUIRED CORE COURSE:**
- EXSC 399R - Exercise Sciences Internship

**Note:** 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 16 HOURS FROM THE FOLLOWING:**
- EXSC 221 - Science of Wellness
- EXSC 320 - Basic Athletic Training
- EXSC 321 - Basic Athletic Training Lab
- EXSC 362 - Kinesiology and Biomechanics
- EXSC 385 - Personal Training Strategies
- EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab)
- EXSC 455 - Worksite Health Promotion
- EXSC 468 - Problems in Exercise Prescription
- HLTH 335 - Health Behavior Change
- HLTH 345 - Principles of Epidemiology
- HLTH 460 - Substance Use Disorders and the Individual, Family, and Community
- HLTH 466 - Health and the Aging Process
- NDFS 310 - Nutrition and Metabolism in Sports and Exercise
- PDBIO 365 - Pathophysiology
- PSYCH 220 - Human Development: Life Span
- PSYCH 356 - Introduction to Health Psychology

**OPTION 4.2: Complete up to 6.0 hours from the following course(s) COMPLETE UP TO 6 HOURS FROM THE FOLLOWING:**

**STDEV 317 - Career Strategies for Employment and Internships**

**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.

**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 as 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 healthy 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.

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

ADVISEMENT CENTER INFORMATION
Life Sciences Advisement
Brigham Young University
2060 Life Sciences Building
Provo, UT 84602
Telephone: (801) 422-3042
Website: lsa.byu.edu