### UNIVERSITY CORE REQUIREMENTS

**Requirements** | **#Classes** | **Hours** | **Classes**
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**Doctrinal Foundation** |  |  |  
Book of Mormon | 2 | 4.0 | Rel A 121/H and 122/H
New Testament | 1 | 2.0 | Rel A 211/H or 212/H
Doctrine and Covenants | 1 | 2.0 | Rel C 324/H or 325/H
**The Individual and Society** |  |  |  
Citizenship | 1–2 | 3–6.0 | from approved list
Global & Cultural Awareness | 1 | 3.0 | from approved list

**Skills**

Effective Communication | 1 | 3.0 | from approved list
First-Year Writing | 1 | 3.0 | from approved list
Adv Written & Oral Communication | 1 | 3.0 | from approved list
Quantitative Reasoning | 0–1 | 0–3.0 | Stat 121*
Language of Learning (Math or Language) | 1–4 | 3–20.0 | Stat 121*

**Arts, Letters, and Sciences**

Civilization 1 and 2 | 2 | 6.0 | from approved list
Arts | 1 | 3.0 | from approved list
Letters | 1 | 3.0 | from approved list
Scientific Principles & Reasoning |  |  |  
Biological Science | 1 | 3.0 | Ex Sc 463*
Physical Science | 1–2 | 3–7.0 | from approved list
Social Science | 1 | 3.0 | from approved list

**Core Enrichment: Electives**

Religion Electives | 3–4 | 6.0 | from approved list
Open Electives | Variable | Variable | personal choice

**GRADUATION REQUIREMENTS:**

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

### PROGRAM REQUIREMENTS (60.5 total hours)

- Complete the senior exit interview.
- **Complete the following prerequisites to the exercise and wellness core:**
  - Hlth 320 Advanced First Aid and Safety
  - NDFS 100 Essentials of Human Nutrition
  - PDBio 220 Human Anatomy
  - PDBio 305 Essentials in Human Physiology
  - Stat 121* Principles of Statistics
  - TMA 150 Public Speaking
  - ExSc 349 Body, Mind, Spirit
  - Hlth 330 Consumer Health
  - Hlth 383 Mind/Body Health
  - Hlth 438 Social Marketing
  - Hlth 450 Women’s Health Issues
  - MMBio 221 General Microbiology
  - NDFS 200 Nutrient Metabolism
  - OrgB 221 Organizational Effectiveness
  - StDev 170 Introduction to Health Professions

- Complete the following required core:
  - ExSc 302 Philosophical & Ethical Issues in ExSc
  - ExSc 387 Lifestyle & Chronic Disease Prevention
  - ExSc 410 Stress Management
  - ExSc 463* Exercise Physiology
  - ExSc 464 Exercise Physiology Lab
  - ExSc 480 Obesity & Weight Management

- Complete 4 hours of the following:
  - ExSc 390R Exercise & Wellness Internship

- Complete 25 hours from the following:
  - A. Complete a minimum of 18 hours from the following:
    - ExSc 320 Basic Athletic Training
    - ExSc 321 Basic Athletic Training Lab
    - ExSc 362 Kinesiology & Biomechanics
    - ExSc 365 Scientific Bases of Sport: Kinesiology
    - ExSc 385 Personal Training Strategies
    - ExSc 390 Adv. Musculoskeletal Human Anatomy (includes lab)
    - ExSc 456 Worksite Health Promotion
    - ExSc 468 Problems in Exercise Prescription
    - ExSc 485 Exercise & Wellness Certification Prep
    - Hlth 335 Health Behavior Change
    - Hlth 345 Principles of Epidemiology
    - Hlth 460 Substance Abuse & Addictive Behavior
    - NDFS 201 Nutrition & Prevention of Chronic Disease
    - NDFS 310 Sports Nutrition
    - PDBio 365 Pathophysiology

  - B. Complete up to 7 hours from the following:
    - Acc 200 Principles of Accounting
    - Bus M 201 Financial Management
    - Bus M 241 Marketing Management
    - Bus M 371R Entrepreneurship Lecture Series
    - Bus M 372 Basic Entrepreneurship Skills
    - Chem 101 Introductory General Chemistry
    - Chem 105 General College Chemistry
    - Chem 285 Introductory Bio-organic Chemistry
    - Dance 336 Methods of Teaching Aerobic Dance
    - ExSc 349 Body, Mind, Spirit
    - Hlth 330 Consumer Health
    - Hlth 383 Mind/Body Health
    - Hlth 438 Social Marketing
    - Hlth 450 Women’s Health Issues
    - MMBio 221 General Microbiology
    - NDFS 200 Nutrient Metabolism
    - OrgB 221 Organizational Effectiveness
    - StDev 170 Introduction to Health Professions

Refer to the general university catalog for course prerequisite information.

### Advisement:

- Farris Child
  - Life Sciences Student Services
  - Room: 380 WIDB
  - Phone: (801) 422-3042
  - E-mail: lifesciences@byu.edu

- Department Internship Coordinator (ExSc 399R):
  - Maggie Shibla
  - Room: 106 SFH
  - Phone: (801) 422-2670
  - E-mail: maggie_shibla@byu.edu

*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (6.0 hours overlap)*
BS in EXERCISE AND WELLNESS (663434)
2012–2013

Suggested Sequence of Courses:

**FRESHMAN YEAR**

1st Semester
- First-year Writing 3.0
- Quantitative Reasoning (if needed) 0–3.0
- Rel A 121 (FWSpSu) 2.0
- NDFS 100 3.0
- Social Science elective 3.0
- Total Hours 14–17.0

2nd Semester
- A Htg 100 3.0
- TMA 150 3.0
- Rel A 122 (FWSpSu) 2.0
- Stat 121 (Lang. of Learning) 3.0
- Civilization 1 elective 3.0
- Total Hours 14.0

**SOPHOMORE YEAR**

3rd Semester
- ExSc 302 1.0
- PDBio 220 3.0
- Major electives 6.0
- Rel A 211 or 212 (FWSpSu) 2.0
- Civilization 2 elective 3.0
- Total Hours 15.0

4th Semester
- Hltt 320 3.0
- ExSc 399R (FWSpSu) 4.0
- General Education courses, major electives and/or general electives 11.0
- Total Hours 15.0

5th Semester
- ExSc 463 (FWSpSu) 3.0
- ExSc 464 (FWSpSu) 0.5
- ExSc 480 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 410 2.0
- Major electives 6.0
- Religion elective 2.0
- Adv. Written & Oral Communication 3.0
- Total Hours 16.0

**JUNIOR YEAR**

5th Semester
- ExSc 463 (FWSpSu) 3.0
- ExSc 464 (FWSpSu) 0.5
- ExSc 480 3.0
- Major electives 5.0
- Religion elective 2.0
- Arts or Letters elective 3.0
- Total Hours 16.5

6th Semester
- ExSc 399R (FWSpSu) 4.0
- General Education courses, major electives, and/or general electives 11.0
- Total Hours 15.0

**SENIOR YEAR**

7th Semester
- ExSc 399R 4.0
- Religion elective 2.0
- Major electives 5.0
- General electives 4.0
- Total Hours 15.0

8th Semester
- ExSc 399R (FWSpSu) 4.0
- General Education courses, major electives and/or general electives 11.0
- Total Hours 15.0

**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 both the quality of life and also to 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 food science and nutrition (MS), to name a few.

**CAREER OPPORTUNITIES**

Personal fitness 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.

In 2005, survey data indicate that personal trainers earned $43,000 annually in the U.S. Throughout the U.S. the top five states have a salary range from $38,000 to $55,000. Health promotion program directors’ salaries range from $43,000 to $63,000 annually, with more earning potential for individuals with graduate degrees and/or experience.

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.

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