For students entering the degree program during the 2013–2014 curricular year.

Department of Exercise Sciences

BS in EXERCISE AND WELLNESS (663434) MAP Sheet

UNIVERSITY CORE AND GRADUATION REQUIREMENTS

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctrinal Foundation</td>
<td>2</td>
<td>4.0</td>
<td>Rel A 121/H and 122/H</td>
</tr>
<tr>
<td>New Testament</td>
<td>1</td>
<td>2.0</td>
<td>Rel A 211/H or 212/H</td>
</tr>
<tr>
<td>Doctrine and Covenants</td>
<td>1</td>
<td>2.0</td>
<td>Rel C 324/H or 325/H</td>
</tr>
</tbody>
</table>

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*         |
| Languages 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| 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 |

UNIVERSITY CORE REQUIREMENTS

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PROGRAM REQUIREMENTS (60.5 total hours)

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<td>Open Electives</td>
<td>Variable</td>
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Complete the senior exit interview.

Complete the following prerequisites to the exercise and wellness core:

- ExSc 300 Advanced First Aid and Safety 3.0
- ExSc 101 Essentials of Human Nutrition 3.0
- ExSc 305 Essentials in Human Physiology 4.0
- TMA 150 Public Speaking 3.0
- Stat 121 Principles of Statistics 3.0

Complete the following required core:

- ExSc 302 Philosophical & Ethical Issues in ExSc 1.0
- ExSc 307 Lifestyle & Chronic Disease Prevention 3.0
- ExSc 410 Stress Management 2.0
- ExSc 463 Exercise Physiology 3.0
- ExSc 464 Exercise Physiology Lab 0.5
- ExSc 480 Obesity & Weight Management 3.0

Complete 4 hours of the following:

- ExSc 399R Exercise & Wellness Internship 9.0V

Complete 25 hours from the following:

A. Complete a minimum of 18 hours from the following:
- ExSc 320 Basic Athletic Training 3.0
- ExSc 321 Basic Athletic Training Lab 0.5
- ExSc 362 Kinesiology & Biomechanics 3.0
- ExSc 365 Scientific Bases of Sport: Kinesiology 2.0
- ExSc 385 Personal Training Strategies 2.0
- ExSc 390 Adv. Musculoskeletal Human Anatomy 4.0
- ExSc 455 Worksite Health Promotion 3.0
- ExSc 468 Problems in Exercise Prescription 2.0
- ExSc 485 Exercise & Wellness Certification Prep 3.0
- Hlth 335 Health Behavior Change 3.0
- Hlth 345 Principles of Epidemiology 3.0
- Hlth 460 Substance Abuse & Addictive Behavior 3.0
- NDFS 201 Nutrition & Prevention of Chronic Disease 2.0
- NDFS 310 Nutrition & Metabolism in Sports & Exercise 2.0
- PDBio 365 Pathophysiology 4.0

B. Complete up to 7 hours from the following:
- Acc 200 Principles of Accounting 3.0
- Bus M 201 Financial Management 3.0
- Bus M 241 Marketing Management 3.0
- Bus M 371R Entrepreneurship Lecture Series 1.0
- Bus M 372 Basic Entrepreneurship Skills 3.0
- Chem 101 Introductory General Chemistry 3.0
- Chem 105 General College Chemistry 4.0
- Chem 285 Introductory Bio-organic Chemistry 4.0
- Dance 336 Methods of Teaching Aerobic Dance 2.0
- ExSc 349 Body, Mind, Spirit 3.0
- Hlth 383 Mind/Body Health 3.0
- Hlth 438 Social Marketing 3.0
- Hlth 450 Women’s Health Issues 3.0
- MMBio 221 General Microbiology 3.0
- NDFS 200 Nutrient Metabolism 3.0
- OrgB 320 Organizational Effectiveness 3.0
- StDev 170 Introduction to Health Professions 1.0
- StDev 317 Career Strategies for Employ. & Intern. 2.0

Note: Other elective courses may be taken with approval from the exercise and wellness major advisor.

Refer to the general university catalog for course prerequisite information.

Department Internship Coordinator (ExSc 399R):

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Life Sciences Student Services:

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

Advisement:

- Maggie Shibla
- Farris Child

*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (6 hours overlap)
BS in EXERCISE AND WELLNESS (663434)
2013–2014

Suggested Sequence of Courses:

FRESHMAN YEAR
1st Semester
First-year Writing 3.0  
Rel A 121 (FWSpSu) 2.0  
NDFS 100 3.0  
Social Science elective 3.0  
Global & Cultural Awareness elective 3.0  
Total Hours 14–17.0
2nd Semester
A Htg 100 3.0  
or First-year Writing (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
Hlt 320 3.0  
PDBio 305 4.0  
Arts or Letters elective 3.0  
Rel C 324 or 325 (FWSpSu) 2.0  
Major elective 3.0  
Total Hours 15.0

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 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

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.