



BS in EXERCISE AND WELLNESS (663434) MAP Sheet
 Department of Exercise Sciences
 For students entering the degree program during the 2016–2017 curricular year.

UNIVERSITY CORE AND GRADUATION REQUIREMENTS				PROGRAM REQUIREMENTS (60.5 total hours)		
UNIVERSITY CORE REQUIREMENTS				Complete the senior exit interview.		
<u>Requirements</u>	<u>#Classes</u>	<u>Hours</u>	<u>Classes</u>	Complete the following prerequisites to the exercise and wellness core:		
Religion Cornerstones				Hlth 320	Advanced First Aid and Safety	3.0
Teachings & Doctrine, Book of Mormon	1	2.0	Rel A 275	NDFS 100*	Essentials of Human Nutrition	3.0
Jesus Christ & the Everlasting Gospel	1	2.0	Rel A 250	PDBio 220	Human Anatomy (with lab)	3.0
Foundations of the Restoration	1	2.0	Rel C 225	PDBio 305	Human Physiology (no lab§)	4.0
The Eternal Family	1	2.0	Rel C 200	Stat 121*	Principles of Statistics	3.0
The Individual and Society				StDev 150	Public Speaking	3.0
Citizenship				Complete the following required core:		
American Heritage	1–2	3–6.0	from approved list	ExSc 302	Philosophical & Ethical Issues in ExSc	1.0
Global & Cultural Awareness	1	3.0	from approved list	ExSc 387	Lifestyle & Chronic Disease Prevention	3.0
Skills				ExSc 410	Stress Management	3.0
Effective Communication				ExSc 463	Exercise Physiology	3.0
First-Year Writing	1	3.0	from approved list	(Prerequisite: PDBio 305 or 362)		
Adv Written & Oral Communication	1	3.0	from approved list	ExSc 464	Exercise Physiology Lab	0.5
Quantitative Reasoning	0–1	0–3.0	Stat 121*	ExSc 480	Obesity & Weight Management	3.0
Languages of Learning (Math or Language)	1–4	3–20.0	Stat 121*	Complete 4 hours of the following:		
Arts, Letters, and Sciences				ExSc 399R	Exercise & Wellness Internship	9.0V
Civilization 1 and 2	2	6.0	from approved list	Complete 24 hours from the following:		
Arts	1	3.0	from approved list	A. Complete a minimum of 18 hours from the following:		
Letters	1	3.0	from approved list	ExSc 221*	Science of Wellness	3.0
Scientific Principles & Reasoning				ExSc 320	Basic Athletic Training	3.0
Biological Science	1	3.0	NDFS 100*	(Prerequisite: PDBio 220)		
Physical Science	1–2	3–7.0	from approved list	ExSc 321	Basic Athletic Training Lab	0.5
Social Science	1	3.0	ExSc 221*	ExSc 349	Body, Mind, Spirit	3.0
Core Enrichment: Electives				ExSc 362	Kinesiology & Biomechanics	3.0
Religion Electives	3–4	6.0	from approved list	ExSc 365	Scientific Bases of Sport: Kinesiology	2.0
Open Electives	Variable	Variable	personal choice	ExSc 385	Personal Training Strategies	3.0
GRADUATION REQUIREMENTS:				ExSc 390	Adv. Musculoskeletal Human Anatomy	4.0
Minimum residence hours required		30.0		(includes lab) (Prerequisite: PDBio 220)		
Minimum hours needed to graduate		120.0		ExSc 455	Worksite Health Promotion	3.0
				(Prerequisite: ExSc 387 and 463)		
				ExSc 468	Problems in Exercise Prescription	2.0
				(Prerequisite: ExSc 463)		
				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	Society, Nutrition, & Chronic Disease	2.0
				NDFS 310	Nutrition & Metabolism in Sports & Exercise	2.0
				(Prerequisite: NDFS 100 and PDBio 305)		
				PDBio 365	Pathophysiology	4.0
				B. Complete up to 6 hours from the following:		
				Acc 200	Principles of Accounting	3.0
				Bio 130*	Biology	4.0
				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
				Fin 201	Principles of Finance	3.0
				Hlth 383	Mind/Body Health	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
				PDBio 363	Advanced Physiology Lab	1.0
				StDev 170	Introduction to Health Professions	1.0
				StDev 317	Career Strategies for Employ. & Intern.	2.0
				§ If lab is needed, take PDBio 363.		
				Refer to the general university catalog for course prerequisite information.		
				Advisement:		
				Farris Child		
				Life Sciences Student Services		
				Room: 2060 LSB		
				Phone: (801) 422-3042		
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				Department Internship Coordinator (ExSc 399R):		
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*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (9 hours overlap)

**BS in EXERCISE AND WELLNESS (663434)
2016–2017**

Suggested Sequence of Courses:

FRESHMAN YEAR

1st Semester

First-year Writing	3.0
or A Htg 100	(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

2nd Semester

A Htg 100	3.0
or First-year Writing	(3.0)
StDev 150	3.0
Religion Cornerstone course	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
Religion Cornerstone course	2.0
Civilization 2 elective	3.0
Total Hours	15.0

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.

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.

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 (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 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 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.

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