



B. S. in Exercise Science

Exercise Science Emphasis

EXS-EXSC.2011
60 credits, incl. 10 GE credits

Effective Date: 05/2011

Name of Student:			
Student ID #:			
Home Country:	<input type="checkbox"/> IWORK		
Grad. Date:			
Advisor:	Name	Initials	Date
Date Started:			

Core Requirements 30 Credits

*** No credit of less than C- in any BIOL/CHEM course is counted toward graduation***

Course #	Title	Hr.	Prerequisites	Offered	Sem.	Grade
EXS 330	Principles of Exercise & Sport Science	3		F,W		
MATH 221	Statistics <small>(can substitute EXS 339)</small> (GenEd)	3	MATH 106/ACT 22+	F,W,S		
EXS 260, 260L	Elementary Human Anatomy	3	BIOL 112	F,W		
EXS 270	Sports Nutrition	3		W,S		
EXS 340	Motor Learning	3	EXS 260, 260L, EXS 341	F,W		
EXS 341	Kinesiology	3	EXS 260, 260L or BIOL 260, 260L	F,W		
EXS 344	Physiology of Exercise	3	EXS 260, 260L	F,W		
EXS 414	Leadership and Admin. In Exercise Science	3		F,W		
EXS 399R	Internship in Exercise & Sport Science	3	Jr. status; Instructor consent	ALL		
EXS 493	Student Research in EXS I	1	MATH 221 or EXS 339	ALL		
EXS 494	Student Research in EXS II	1	EXS 493	ALL		
EXS 477	Fitness for Living – Teacher Assistant (GenEd)	1	Sr. status; Instructor consent	ALL		
CPR/First Aid	Complete one: HLTH 220, EXS 265, EXS 164 or RED CROSS/BYUH certification					

Fundamentals 4 Credits

Beginning course or instructor consent required as prerequisite for all Sports Fundamentals.

EXS 230	Sports Fundamental- GOLF	1	EXS 112/Instructor consent	F-odd		
EXS 231	Sports Fundamental- BOWLING	1	EXS 115/ Instructor consent	F-odd		
EXS 234	Sports Fundamental- ARCHERY	1	EXS 126/ Instructor consent	F-odd		
EXS 235	Sports Fundamental- TENNIS	1	EXS 133/ Instructor consent	F-odd		
EXS 236	Sports Fundamental- BADMINTON	1	EXS 136/ Instructor consent	W-even		
EXS 237	Sports Fundamental- BASKETBALL	1	EXS 140/ Instructor consent	W-even		
EXS 238	Sports Fundamental- VOLLEYBALL	1	EXS 144/ Instructor consent	W-even		
EXS 239	Sports Fundamental- SOCCER	1	EXS 146/ Instructor consent	W-even		
EXS 240	Sports Fundamental- TOUCH RUGBY	1	EXS 150/ Instructor consent	F-even		
EXS 241	Sports Fundamental- SELF DEFENSE	1	EXS 152/ Instructor consent	F-even		
EXS 242	Sports Fundamental- AQUATICS	1	EXS 161/ Instructor consent	F-even		
EXS 243	Sports Fundamental- WEIGHT TRAINING	1	EXS 178/ Instructor consent	F-even		
EXS 244	Sports Fundamental- DANCE AEROBICS	1	EXS 174R/ Instructor consent	W-odd		
EXS 245	Sports Fundamental- TRACK & FIELD	1		W-odd		
EXS 246	Sports Fundamental- FLAG FOOTBALL	1	EXS 142/ Instructor consent	W-odd		
EXS 247	Sports Fundamental- SOFTBALL	1	EXS 159/ Instructor consent	W-odd		

Exercise Emphasis 26 Credits

*Students choosing an emphasis in Exercise and Sports Science, completion of the SCIENCE CORE is required PLUS remaining classes below. SCIENCE CORE consists of BIOL 112, CHEM 105/L, CHEM 106/L and BIOL 265/L. **BIOL 112 not part of EXS Major requirements, but required as prerequisite for EXS Emphasis.*

BIOL 112 **	General Biology for Majors (GenEd)	3		F,W		
CHEM 105/L	General Chemistry I/Lab (GenEd - 3)	4	MATH 110/ACT 22+	F,W		/
CHEM 106/L	General Chemistry II/Lab	4	CHEM 105/L	W,S		/
BIOL 265/L	Molecular & Cellular Biology/Lab	4	BIOL 112 & CHEM 105/L	F,W		/
BIOL 261/L	Human Physiology	4	¼ Science Core	F		/
BIOL 260/L	Elementary Human Anatomy	3	¼ Science Core	W		/
EXS 344L	Physiology of Exercise Lab	1	Instructor Consent	W		

Choose ONE of the following --3 Credits

EXS 349	Prevention & Care of Athletic Injuries	3	EXS 260/L, EXS 344, CPR/FA	F		
EXS 365	Athletic Conditioning	3	EXS 260/L, EXS 344	F		

Total Credits Mapped for Graduation:

Based on completion of remaining courses as indicated on this MRS, this student is authorized to graduate with this major.

Dept. Chair (Printed)

Signature

Date

The terms of this MRS will be honored by the Department and University within the next 8 years. If courses cease to be offered, options for substitution will be provided.



B.S. in Exercise Science- Fitness & Wellness Emphasis

EXS-FTWLBS.2011

61credits, incl. 4 GE credits

Effective Date: 05/2011

Name of Student:			
Student ID #:			
Home Country:	<input type="checkbox"/> IWORK		
Grad. Date:			
Advisor:	Name	Initials	Date
Date Started:			

Core Requirements	30 Credits (plus 3 GE credits)
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*** No credit of less than C- in any BIOL/CHEM course is counted toward graduation***

Course #	Title	Hr	Prerequisites	Offered	Sem.	Grade
EXS 330	Principles of Exercise & Sport Science	3		F,W		
MATH 221	Statistics (can substitute EXS 339) (GenEd)	3	MATH 106/ACT 22+	F,W,S		
EXS 260/L	Elementary Human Anatomy	3	BIOL 100	F,W		/
EXS 270	Sports Nutrition	3		W,S		
EXS 340	Motor Learning	3	EXS 260,260L,EXS 341	F,W		
EXS 341	Kinesiology	3	EXS 260, 260L or BIOL 260, 260L	F,W		
EXS 344	Physiology of Exercise	3	EXS 260,260L	F,W		
EXS 414	Leadership and Admin. In Exercise Science	3		F,W		
EXS 399R	Internship in Exercise & Sport Science	3	Jr. status; Instructor consent	ALL		
EXS 493	Student Research in EXS I	1	MATH 221 or EXS 339	ALL		
EXS 494	Student Research in EXS II	1	EXS 493	ALL		
EXS 477	Fitness for Living – Teacher Assistant (GenEd)	1	Sr. status; Instructor consent	ALL		
CPR/First Aid	Complete one: HLTH 220, EXS 265, EXS 164 or RED CROSS/BYUH certification					

Fundamentals	3 Credits
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Beginning course or instructor consent required as prerequisite for all Sports Fundamentals.

Course #	Title	Hr	Prerequisites	Offered	Sem.	Grade
EXS 230	Sports Fundamental- GOLF	1	EXS 112/Instructor consent	F-odd		
EXS 231	Sports Fundamental- BOWLING	1	EXS 115/ Instructor consent	F-odd		
EXS 234	Sports Fundamental- ARCHERY	1	EXS 120/ Instructor consent	F-odd		
EXS 235	Sports Fundamental- TENNIS	1	EXS 133/ Instructor consent	F-odd		
EXS 236	Sports Fundamental- BADMINTON	1	EXS 136/ Instructor consent	W-even		
EXS 237	Sports Fundamental- BASKETBALL	1	EXS 140/ Instructor consent	W-even		
EXS 238	Sports Fundamental- VOLLEYBALL	1	EXS 144/ Instructor consent	W-even		
EXS 239	Sports Fundamental- SOCCER	1	EXS 146/ Instructor consent	W-even		
EXS 240	Sports Fundamental- TOUCH RUGBY	1	EXS 150/ Instructor consent	F-even		
EXS 241	Sports Fundamental- SELF DEFENSE	1	EXS 152/ Instructor consent	F-even		
EXS 242	Sports Fundamental- AQUATICS	1	EXS 161/ Instructor consent	F-even		
EXS 243	Sports Fundamental- WEIGHT TRAINING	1	EXS 178/ Instructor consent	F-even		
EXS 244	Sports Fundamental- DANCE AEROBICS	1	EXS 174R/ Instructor consent	W-odd		
EXS 245	Sports Fundamental- TRACK & FIELD	1		W-odd		
EXS 246	Sports Fundamental- FLAG FOOTBALL	1	EXS 142/ Instructor consent	W-odd		
EXS 247	Sports Fundamental- SOFTBALL	1	EXS 159/ Instructor consent	W-odd		

Fitness & Wellness Emphasis	19 Credits
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HLTH 135	Health in Marriage & Pregnancy	2		F-odd		
HLTH 221	Substance Use and Abuse	3		W-odd		
HLTH 230	Health Issues and Problems	2		F		
HLTH 369	Community Health	3		W		
HLTH 441	Health in Secondary School	2		W-even		
EXS 349 or 365	Prev. & Care of Athl. Injuries or Athl. Conditioning	3	EXS 260/L, EXS 344 and First Aid/CPR cert	F		
EXS 410	Personal Trainer Certification	2	EXS 349,365,344	W		
EXS 441	Adapted Physical Education	2	EXS 344 and 341	W-even		

Related Field – Business Management & Entrepreneurship	9 Credits
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BUSM 180	Introduction of Commerce & Enterprise	3	MATH 110	F,W,S		
ENTR 383	Entrepreneurship & Small Business Mgt.	3		F,W		

Choose 1 of the following

BUSM 304	Principles of Marketing Management	3	BUSM 180, ECON 200	F,W,S		
BUSM 310	Leadership and Management	3	BUSM 320	F,W		
BUSM 320	Business Communication	3	BUSM 180, ENGL 201	F,W,S		

Total Credits Mapped for Graduation:	61 Credits
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Based on completion of remaining courses as indicated on this MRS, this student is authorized to graduate with this major.

Dept. Chair (Printed) _____

Signature _____

Date _____

The terms of this MRS will be honored by the Department and University within the next 8 years. If courses cease to be offered, options for substitution will be provided.



**Exercise Science-
Health Emphasis**
EXS-Health.2011
61-62 credits, incl. 7 GE credits

Effective Date: 05/2011

Name of Student:			
Student ID #:			
Home Country:	<input type="checkbox"/> IWORK		
Grad. Date:			
Advisor:	Name	Initials	Date
Date Started:			

Core Requirements **30 Credits**

*** No credit of less than C- in any BIOL/CHEM course is counted toward graduation***

Course #	Title	Hr	Prerequisites	Offered	Sem.	Grade
EXS 330	Principles of Exercise & Sport Science	3		F,W		
MATH 221	Statistics (can substitute EXS 339) (GenEd)	3	MATH 106/ACT 22+	F,W,S		
EXS 260/L	Elementary Human Anatomy	3	BIOL 100	F,W		/
EXS 270	Sports Nutrition	3		W,S		
EXS 340	Motor Learning	3	EXS 260, 260L, EXS 341	F,W		
EXS 341	Kinesiology	3	EXS 260, 260L or BIOL 260, 260L	F,W		
EXS 344	Physiology of Exercise	3	EXS 260, 260L	F,W		
EXS 414	Leadership and Admin. In Exercise Science	3		F,W		
EXS 399R	Internship in Exercise & Sport Science	3	Jr. status; Instructor consent	ALL		
EXS 493	Student Research in EXS I	1	MATH 221 or EXS 339	ALL		
EXS 494	Student Research in EXS II	1	EXS 493	ALL		
EXS 477	Fitness for Living – Teacher Assistant (GenEd)	1	Sr. status; Instructor consent	ALL		
CPR/First Aid	Complete one: HLTH 220, EXS 265, EXS 164 or RED CROSS/BYUH certification					

Fundamentals **3 Credits**

Beginning course or instructor consent required as prerequisite for all Sports Fundamentals.

EXS 230	Sports Fundamental- GOLF	1	EXS 112/Instructor consent	F-odd		
EXS 231	Sports Fundamental- BOWLING	1	EXS 115/ Instructor consent	F-odd		
EXS 234	Sports Fundamental- ARCHERY	1	EXS 126/ Instructor consent	F-odd		
EXS 235	Sports Fundamental- TENNIS	1	EXS 133/ Instructor consent	F-odd		
EXS 236	Sports Fundamental- BADMINTON	1	EXS 136/ Instructor consent	W-even		
EXS 237	Sports Fundamental- BASKETBALL	1	EXS 140/ Instructor consent	W-even		
EXS 238	Sports Fundamental- VOLLEYBALL	1	EXS 144/ Instructor consent	W-even		
EXS 239	Sports Fundamental- SOCCER	1	EXS 146/ Instructor consent	W-even		
EXS 240	Sports Fundamental- TOUCH RUGBY	1	EXS 150/ Instructor consent	F-even		
EXS 241	Sports Fundamental- SELF DEFENSE	1	EXS 152/ Instructor consent	F-even		
EXS 242	Sports Fundamental- AQUATICS	1	EXS 161/ Instructor consent	F-even		
EXS 243	Sports Fundamental- WEIGHT TRAINING	1	EXS 178/ Instructor consent	F-even		
EXS 244	Sports Fundamental- DANCE AEROBICS	1	EXS 174R/ Instructor consent	W-odd		
EXS 245	Sports Fundamental- TRACK & FIELD	1		W-odd		
EXS 246	Sports Fundamental- FLAG FOOTBALL	1	EXS 142/ Instructor consent	W-odd		
EXS 247	Sports Fundamental- SOFTBALL	1	EXS 159/ Instructor consent	W-odd		

Health Emphasis **12 Credits**

HLTH 135	Health in Marriage & Pregnancy	2		F-odd		
HLTH 221	Substance Use and Abuse	3		W-odd		
HLTH 230	Health Issues and Problems	2		F		
HLTH 369	Community Health	3		W		
HLTH 441	Health in Secondary School	2		W-even		

Health Related Courses **7-8 Credits**

To enroll in BIOL 220/L, ¼ completion of the SCIENCE CORE is required: BIOL 112, CHEM 105/L and either CHEM 106/L or BIOL 265/L.

(plus 6 GE credits)

CHEM 105/L	General Chemistry I/Lab (GenEd - 3)	4	MATH 110/ACT 22+	F,W		/
BIOL 220/L	Microbiology	4	BIOL 112, CHEM 105/L, CHEM 106/L OR BIOL 265/L	W		/
PHYS 121/L	General Physics I/Lab (GenEd- 3)	4	MATH 112	F,W		/
EXS 349 or 365	Prev. & Care of Athl. Injuries or Athletic Conditioning	3	EXS 260/L, EXS 344 and First Aid/CPR cert	F		
EXS 410 or 441	Personal Trainer Cert. or Adapted Physical Education	2	EXS 410- EXS 349,365,344 EXS 441- EXS 344 and 341	W (410) W-even (441)		

Related Fields **9 Credits**

Must complete 3 credit hours from EACH related field: Sociology, Social Work and Psychology.

SOC _____	Sociology	3				
SOCW _____	Social Work:	3				
PSYC _____	Psychology:	3				

Total Credits Mapped for Graduation:

Based on completion of remaining courses as indicated on this MRS, this student is authorized to graduate with this major.

Dept. Chair (Printed) _____

Signature _____

Date _____

The terms of this MRS will be honored by the Department and University within the next 8 years. If courses cease to be offered, options for substitution will be provided.