



B. S. in Exercise Science
Exercise Science Emphasis
EXS-EXSBS.2011
60 credits, incl. 10 GE credits

Effective Date: 05/2011

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date

Core Requirements **30 Credits**

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/Lab	3	BIOL 112	F,W,S		/
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	EXS 341, 344, ENGL201	F,W		
EXS 398	Internship Preparation	1	EXS 344 or EXS 341	ALL		
EXS 399R	Internship in Exercise & Sport Science	2	EXS 398	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; EXS 260/L, 341, 344	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,S		
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,S		/
BIOL 261/L	Human Physiology	4	¾ Science Core	F		/
BIOL 260/L	Elementary Human Anatomy	3	¾ 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:

**Even-year or Odd-year listing of Winter courses determined by course start-date.*

No grade below “C-” accepted

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 and Sports
Science Education**
EXSEDBS.2015 (mrs 1099-1101)
72 credits, incl. 7 GE credits

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date

Effective Date: 08/2015

Core Requirements **31 Credits**

Course #	Title	Hr.	Prerequisites	Offered	Sem.	Grade
EXS 330	Principles of Exercise & Sports Science	3		F,W		
MATH 221	Statistics <small>(can substitute EXS 339)</small> (GenEd)	3	MATH 106/ACT 22+	F,W,S		
EXS 260/L	Elementary Human Anatomy	3		F,W		/
EXS 261/L	Elementary Human Physiology	3		F		
EXS 265	Water Safety Instruction	2	EXS 161 or EXS 242	W		
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		

Choice of 2 EXS 100-level Beginning Sport Content classes — 2 Credit Hours

EXS 1_____	(GenEd)	1				
EXS 1_____	(GenEd)	1				

Choice of 4 EXS 200-level Sports Fundamentals — 4 Credit Hours

EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				

Choice of 1 Additional EXS 369R Coaching Fundamental Individual Sport OR 2 more EXS 200-level Sports Fundamentals — 2 Credit Hours

EXS 369R	Coaching Fundamental: _____	2				
OR						
EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				

Physical Education Emphasis **9 Credits**

EXS 369R	Coaching Fundamentals (Basic Principles)	2		F,W		
EXS 377	Teaching Methods of Physical Education	3		W-odd		
HLTH 441	Health in Secondary School	2		W-even		
EXS 441	Adapted Physical Education	2	EXS 344, EXS 341	W-even		

Physical Education Certification **36 Credits**

EDU 212	Foundations of Education	2		F,W,S		
SPED 300 (SPED 200)	Education of Exceptional Students	3	EDU 212	F,W,S		
PSYC 111	General Psychology (GenEd)	3		F,W,S		

Recommended Elective:

HWST 101	Intro. to Hawaiian Studies (GenEd)	3	Required for US Teacher License	F,W,S		
----------	------------------------------------	---	---------------------------------	-------	--	--

APPLY TO SCHOOL OF EDUCATION

EDU 200 (EDU 300)	Human Growth and Learning	2	PSYC 111	W,S		
EDU 305	Com./Tech. Assisted Instruction	1	EDU 212	F,W,S		
EDU 312	Effective Pedagogy	3	EDU 212	F,W,S		
EDU 385	Education Assessment in the Classroom	3	EDU 312	F,W,S		
SCED 401 (SCED 301)	Reading in Content Area	2	EDU 312, co-req SCED 491 (except non-cert track)	F,W		
SCED 430 (SCED 330)	Classroom Management	2	EDU 312, co-req SCED 491 (except non-cert track)	F,W		
SCED 491	Observation and Practicum	3	EDU 312, co-req SCED 401, SCED 430, and formal admission to SOE	F,W		
SCED 492	Student Teaching	12	SCED 491 and formal admission to SOE	F,W		

Total Credits Mapped for Graduation:

No grade below "C-" accepted

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

EXSBS-FITW.2011 (mrs 838)

61credits, incl. 4 GE credits

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date

Effective Date: 05/2011

Core Requirements 30 Credits

Course #	Title	Hr	Prerequisites	Offered	Sem.	Grade
EXS 330	Principles of Exercise & Sport Science	3		F,W		
MATH 221	Statistics <i>(can substitute EXS 339)</i> (GenEd)	3	MATH 106/ACT 22+	F,W,S		
EXS 260/L	Elementary Human Anatomy	3	BIOL 100	F,W,S		/
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	EXS 341, 344, ENGL201	F,W		
EXS 398	Internship Preparation	1	EXS 344 or EXS 341	ALL		
EXS 399R	Internship in Exercise & Sport Science	2	EXS 398 and 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; EXS 260/L, 341, 344	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 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

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

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:

**Even-year or Odd-year listing of Winter courses determined by course start-date.*

No grade below “C-” accepted

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**

EXSBS-FITW.2011 (mrs 838)
61credits, incl. 4 GE credits

Effective Date: 05/2011

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date



**Exercise Science-
Health Emphasis**
EXSBS-HLTH.2011 (mrs710)
61-62 credits, incl. 7 GE credits

Effective Date: 05/2011

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date

Core Requirements **30 Credits**

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/L	Elementary Human Anatomy	3	BIOL 100	F,W,S		/
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	EXS 341, 344, ENGL201	F,W		
EXS 398	Internship Preparation	1	EXS 344 or EXS 341	ALL		
EXS 399R	Internship in Exercise & Sport Science	2	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; EXS 260/L, 341, 344	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, ¾ 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:

**Even-year or Odd-year listing of Winter courses determined by course start-date.*

No grade below "C-" accepted

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.



**Physical Education
Teacher Certificate**
EXSEDBS.2011
76 credits, incl. 7 GE credits

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date

Effective Date: 05/2011

Core Requirements **31 Credits**

Course #	Title	Hr.	Prerequisites	Offered	Sem.	Grade
EXS 330	Principles of Exercise & Sports Science	3		F,W		
MATH 221	Statistics <small>(can substitute EXS 339)</small> (GenEd)	3	MATH 106/ACT 22+	F,W,S		
EXS 260/L	Elementary Human Anatomy	3	BIOL 100	F,W		/
EXS 265	Water Safety Instruction	2	EXS 161 or EXS 242	W		
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	EXS 341, 344, ENGL201	F,W		

Choice of 2 EXS 100-level Beginning Sport Content classes — 2 Credit Hours

EXS 1_____	(GenEd)	1				
EXS 1_____	(GenEd)	1				

Choice of 4 EXS 200-level Sports Fundamentals — 4 Credit Hours

EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				

Choice of 1 Additional EXS 369R Coaching Fundamental Individual Sport OR 2 more EXS 200-level Sports Fundamentals — 2 Credit Hours

EXS 369R	Coaching Fundamental: _____	2				
OR						
EXS 2_____	Sports Fundamental: _____	1				
EXS 2_____	Sports Fundamental: _____	1				

Physical Education Emphasis **9 Credits**

EXS 369R	Coaching Fundamentals (Basic Principles)	2		F,W		
EXS 377	Teaching Methods of Physical Education	3		W-odd		
HLTH 441	Health in Secondary School	2		W-even		
EXS 441	Adapted Physical Education	2	EXS 344, EXS 341	W-even		

Physical Education Certification **36 Credits**

EDU 212	Foundations of Education	2		F,W,S		
SPED 300 (SPED 200)	Education of Exceptional Students	3	EDU 212	F,W,S		
PSYC 111	General Psychology (GenEd)	3		F,W,S		

Recommended Elective:

HWST 101	Intro. to Hawaiian Studies (GenEd)	3	Required for US Teacher License	F,W,S		
----------	------------------------------------	---	---------------------------------	-------	--	--

APPLY TO SCHOOL OF EDUCATION

EDU 200 (EDU 300)	Human Growth and Learning	2	PSYC 111	W,S		
EDU 305	Com./Tech. Assisted Instruction	1	EDU 212	F,W,S		
EDU 312	Effective Pedagogy	3	EDU 212	F,W,S		
EDU 385	Education Assessment in the Classroom	3	EDU 312	F,W,S		
SCED 401 (SCED 301)	Reading in Content Area	2	EDU 312, co-req SCED 491 (except non-cert track)	F,W		
SCED 430 (SCED 330)	Classroom Management	2	EDU 312, co-req SCED 491 (except non-cert track)	F,W		
SCED 491	Observation and Practicum	3	EDU 312, co-req SCED 401, SCED 430, and formal admission to SOE	F,W		
SCED 492	Student Teaching	12	SCED 491 and formal admission to SOE	F,W		

Total Credits Mapped for Graduation:

No grade below "C-" accepted

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.