



B.S. in Exercise Science
Health and Human Performance
Emphasis
EXS-HHPBS.2017 (mrs 1395)
60-61 credits

Effective Date: 09/2017

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

Core Requirements **31-32 Credits**

Course #	Title	Hr.	Prerequisites	Offered	Sem.	Grade
EXS 260/L OR BIOL 260/L	Elementary Human Anatomy/Lab Human Anatomy/Lab	3		F,W		
			BIOL 113, CHEM 105/L	W		
EXS 261 OR BIOL 261/L	Elementary Human Physiology Human Physiology/Lab	3 4		W F		
EXS 330	Principles of Exercise and Sports Science	3		F,S		
EXS 341	Biomechanics	3	EXS 260/L or BIOL 260/L	F,W		
EXS 340	Motor Learning	3	EXS 260/L or BIOL 260/L, EXS 341	F,W		
EXS 344	Physiology of Exercise	3	EXS 260/L or BIOL 260/L, EXS 261 or BIOL 261/L	W,S		
EXS 365	Exercise Testing and Prescription	3	EXS 260/L, EXS 344	F,S		
EXS 399R	Internship in Exercise and Sport Science	3		F,W,S		
EXS 493	Research Methods in Exercise and Sport Science	2	MATH 221	F		
EXS 494	Student Research in Exercise and Sport Science	2	EXS 493	W		
MATH 121	Principles of Statistics	3	MATH 107 or 110	F,W,S		

CPR/First Aid Certification Required (EXS 265, EXS 164, Red Cross/BYUH Certification)

Health and Human Performance Emphasis **29 Credits**

<i>Health and Human Performance Core</i>		<i>15 Credits Minimum</i>				
EXS 270	Sports Nutrition	3		F,W		
EXS 339	Measurement and Evaluation	3		S		
EXS 409	Sports Psychology	3	Junior or Senior Status	F,W		
EXS 420	Physical Activity in Public Health	3		S		
HLTH 135	Health in Marriage and Pregnancy	2		W		
HLTH 221	Substance Use and Abuse	3		S		
HLTH 230	Health Issues and Problems	2		F		
HLTH 369	Community Health	3		F		

Health & Human Performance Electives *14 Credits Minimum*

Elective pool includes any above, not previously used, or any below. A minimum of 3 credits must be from 300 or 400 level courses. No more than 4 credits of Sports Fundamentals (EXS 230-247) are allowed to count in elective pool.

EXS 230-247	Sport Fundamentals	1-4		Variable		
EXS 306	Sports Officiating	2		F,W		
EXS 344L	Physiology of Exercise Lab	1	EXS 260/L or BIOL 260/L, EXS 261 or BIOL 261/L	W,S		
EXS 349	Prevention and Care of Athletic Injuries	3	BIOL 260/L or EXS 260/L, EXS 344	S		
EXS 350	Medical and Wellness Tourism	3		F		
EXS 361	Corporate Wellness Management	3		W		
EXS 369R	Coaching Fundamentals in Selected Sports	2		F,W,S		
EXS 370	Event Management in Sport and Fitness	3		F		
EXS 410	The Personal Trainer Certification	2	EXS 344, 349, 365	W		
EXS 411	Sports Nutrition Certification	2	EXS 260/L or BIOL 260/L, EXS 261 or BIOL 261/L, EXS 270	S		
EXS 414	International Sports Management	3	Junior or Senior Status	F		
EXS 441	Adaptive Physical Education	2	EXS 341, 344	S		
EXS 458	International Sport and Law	3	Junior or Senior Status	W		
HLTH 441	Health in Secondary Schools	2		W		
BIOL 112/L	Biology I – Cell and Molecular Biology/Lab	4		F,W,S		
BIOL 113	Biology II – Evolution, Ecology, and Organismal Biology	3	BIOL 112/L	F,W,S		
CHEM 105/L	General Chemistry I/Lab	4	MATH 110 w/C- or better (MATH 110 can be a corequisite if MATH 101 was completed-see Advisor), or ACT Math score 22+ or SAT Math score 520+. (High School Chemistry or CHEM 101 highly recommended)	F,W		
CHEM 106/L	General Chemistry II/Lab	4	CHEM 105/L w/C- or better	W,S		
PSYC 111	General Psychology	3		F,W,S		

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.