



B.S. in Exercise Science
Health Emphasis
EXS-HTHBS.2015 (Mrs 1120)
60-61 credits

Effective Date: 08/2015

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	3		F ^B , W		
			BIOL 112/L, CHEM 105/L	W		
EXS 261 OR BIOL 261/L	Human Physiology	3		F		
			4	BIOL 112/L, CHEM 105/L	F	
EXS 330	Principles of Exercise and Sports Science	3		F,S		
EXS 341	Biomechanics	3	EXS 260/L or BIOL 260/L	F ^B , 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/L or BIOL 261/L	W,S		
EXS 365	Exercise Testing & Prescription	3	EXS 260/L or BIOL 260/L, EXS 344, Instructor Consent	F,S		
EXS 399R	Internship in Exercise and Sport Science	3		F,W,S		
EXS 493	Research Methods in Exercise & Sports Science	2	MATH 221	F,W		
EXS 494	Student Research in Exercise & Sports Science	2	EXS 493	W,S		
MATH 221	Statistics	3	MATH 106, or MATH 110, or MATH 107	F,W,S		

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

Health Emphasis **29 Credits**

Health Core		12 Credits Minimum				
HLTH 135	Health in Marriage & Pregnancy	2		W		
HLTH 221	Substance Use & Abuse	3		S		
HLTH 230	Health Issues and Problems	2		F		
HLTH 369	Community Health	3		F		
HLTH 441	Health in Secondary Schools	2		W		
EXS 270	Sports Nutrition	3		W		
EXS 420	Physical Activity in Public Health	3		S		
EXS 441	Adapted Physical Education	2	EXS 341, 344	S		

Health Electives **17 Credits Minimum**

*Elective pool includes any above, not previously used, or any below (at least 3 credits must come from EXS, HLTH, BIOL, CHEM, PHYS).
 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.*

CHEM 105/L	General Chemistry I	4	MATH 110 with a C- or better, or ACT Math score higher than 22 or SAT Math score higher than 520. (High School Chemistry or CHEM 101 highly recommended)	W,S		
CHEM 106/L	General Chemistry II	4	CHEM 105/L	F,S		
CHEM 351/L	Organic Chemistry I	4	CHEM 106/L; CHEM 201 co- or pre-requisite	W		
CHEM 352/L	Organic Chemistry II	4	CHEM 351/L	S		
PHYS 121/L	General Physics I	4	MATH 112 and either High School Trigonometry or MATH 111	F,S		
PHYS 122/L	General Physics II	4	PHYS 121	F,S		
EXS 230-247	Sport Fundamentals	1-4		F,W,S		
EXS 339	Measurement and Evaluation	3		S		
EXS 344L	Physiology of Exercise Lab	1	Instructor Consent	W,S		
EXS 349	Prevention and Care of Athletic Injuries	3	BIOL 260 or EXS 260, EXS 344	S		
EXS 350	Medical and Wellness Tourism	3		F		
EXS 361	Corporate Wellness Management	3		W		
EXS 370	Event Management in Sport & Fitness	3		S		
EXS 409	Sport Psychology	3		F,W		
EXS 410	The Personal Training Certification	2	EXS 344, 349, 365	W		
EXS 411	Sports Nutrition Certification	2	EXS 260/L or BIOL 260/L, EXS 261/L or BIOL 261/L, EXS 270	S		
EXS 414	International Sports Management	3		F		
EXS 458	International Sport and Law	3		W		
BUSM 180	Introduction of Commerce & Enterprise	3		F,W,S		
BUSM 242	Ethics & Legal Environment in Business	3	BUSM 180 and ENGL 201 or BUSM 180 and ENGL 101 and GE 110	F,W,S		
BUSM 304	Principles of Marketing Management	3	BUSM 180, ECON 200	F,W,S		

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.



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BUSM 320	Business Communication	3	BUSM 180 and ENGL 201 or BUSM 180 and ENGL 101 and GE 110	F,W,S		
BUSM 310	Leadership and Management	3	BUSM 320	F,W,S		
ENTR 180	The Cycle of Cash	2		F,W,S		
ENTR 201R	Entrepreneurship Leadership Program	1		Variable		
ENTR 283	Small Business Creation	3		F,W,S		
ENTR 275	Entrepreneurship Leadership Training	1		F,W,S		
ENTR 375R	Entrepreneurship Lecture Series	1		F,W,S		
ENTR 380	Social Entrepreneurship	3		F,W,S		
ENTR 383	Entrepreneurship & Small Business Management	3		F,W,S		
ENTR 390R	Special Topics in Entrepreneurship	1-3		F,W,S		
ENTR 483	Entrepreneurial Management	3		F,W,S		

Total Credits Mapped for Graduation:

No grade below "C-" accepted