



**B.S. in Exercise Science**  
**Sports and Fitness Management**  
**Emphasis**  
**EXS-SFMBBS.2015 (mrs 1122)**  
**60-61 credits**

Effective Date: 08/2015

<b>Name of Student:</b>		
<b>Student ID #:</b>		Graduation Date
<b>Home Country:</b>	<input type="checkbox"/> IWORK	
<b>Advisor:</b>	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, 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, 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 107, or MATH 110, or MATH 107	F,W,S		

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

**Sports and Fitness Management Emphasis** **29 Credits**

<i>Sports and Fitness Management Core</i>			<i>12 Credits Minimum</i>			
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 414	International Sports Management	3		F		
EXS 458	International Sport and Law	3		W		

*Sports and Fitness Management 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		
EXS 230-247	Sport Fundamentals	1-4		F,W,S		
EXS 270	Sports Nutrition	3		W		
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/L or EXS 260/L, EXS 344	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 420	Physical Activity in Public Health	3		S		
EXS 441	Adapted Physical Education	2	EXS 341, 344	S		
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		
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		
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		

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 304	Principles of Marketing Management	3	BUSM 180, ECON 200	F,W,S		
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