

Name \_\_\_\_\_ ID \_\_\_\_\_

**GENERAL EDUCATION REQUIREMENTS** (55-57 hours)  
**ALL GENERAL EDUCATION COURSES MUST BE CHOSEN FROM THE LIST OF "APPROVED RESIDENTIAL GENERAL EDUCATION & INTEGRATIVE COURSES."** ([www.liberty.edu/gened](http://www.liberty.edu/gened))

**FOUNDATIONAL STUDIES** (16 hours)  
**MUST** be completed within the first 45 hours of a student's program.  
Transfer students must complete within their first year at Liberty.

Course	Hrs.	Sem. Taken	Grade
ENGL 101 Composition and Rhetoric	3	_____	_____
ENGL 102 Composition and Literature	3	_____	_____
COMS 101 Speech Communication	3	_____	_____
MATH _____ (above 110)	3	_____	_____
GNEI 101 Contemporary Issues I	1	_____	_____
GNEI 102 Contemporary Issues II	1	_____	_____
EVAN 101 Evangelism and Christian Life	2	_____	_____

Technology Competency Sem. Passed \_\_\_\_\_

**INVESTIGATIVE STUDIES** (39-41 hours)

ENGL 201, 202, 215, 216, 221, or 222	3	_____	_____
NAT SCI _____	3	_____	_____
NAT SCI, MATH or BUSI 201	3	_____	_____
HIUS 221 or 222 or HIEU 201 or 202	3	_____	_____
GOVT 200, PSYC 101 or 210, SOCI 200 or 201	3	_____	_____
SOC SCI/HIST _____	3	_____	_____
HUMN 101, THEA 101, ARTS 105, or MUSC 103 <b>AND</b>	3	_____	_____
*GEN ED ELECTIVE (non-language)	3	_____	_____
	<b>OR</b>		
**LANG _____ <b>AND</b>	3	_____	_____
**LANG _____	3	_____	_____
PHIL 201 Phil./Contemporary Ideas	3	_____	_____
THEO 201 Theology Survey I	3	_____	_____
THEO 202 Theology Survey II	3	_____	_____
BIBL 105 Old Testament Survey OR ^BIBL 205 Old Testament Life/Literature	3	_____	_____
BIBL 110 New Testament Survey OR ^BIBL 210 New Testament Life/Literature	3	_____	_____

\*Choose from Fine Arts/Nat Sci/Math or CSCI/Soc Sci/  
BUSI 201/ARTS 105

\*\*Must be the same language

^Options available to Honors students

**ADDITIONAL REQUIREMENTS FOR MAJOR**

First Aid/CPR Certification: Date Completed \_\_\_\_\_  
Swimming Proficiency: Date Completed \_\_\_\_\_  
ACSM Health/Fitness Specialist Exam: Date Completed \_\_\_\_\_  
(must be completed after all EXSC courses, but prior to EXSC 499;  
with a minimum score of 480)

**MAJOR: EXERCISE SCIENCE: FITNESS SPECIALIST** (44 hours)

Course	Hrs.	Sem. Taken	Grade
EXSC 101 Intro to Exercise Science	1	_____	_____
EXSC 310 Physiology of Exercise	3	_____	_____
EXSC 311 Analysis of Human Movement	3	_____	_____
EXSC 320 Measurement/Evaluation in Health and Kinesiology	3	_____	_____
EXSC 340 Essentials of Strength Training and Conditioning	3	_____	_____
EXSC 350 Biomechanics	3	_____	_____
EXSC 351 Biomechanics Lab	1	_____	_____
EXSC 410 Applied Exercise Physiology	3	_____	_____
EXSC 411 Applied Exercise Phy. Lab	1	_____	_____
EXSC 421 Practicum	1	_____	_____
EXSC 433 Exercise Prescription for Special Populations	3	_____	_____
EXSC 460 Exercise Testing, Evaluation, and Prescription	3	_____	_____
EXSC 461 Exercise Leadership	3	_____	_____
EXSC 485 Health Fitness Specialist Workshop and Certification	1	_____	_____
EXSC 499 Internship in Exercise Science	4	_____	_____
KINE 101 Physical Fitness	1	_____	_____
KINE _____ (choose from KINE 210-240)	1	_____	_____
KINE 225 Weight Training/Conditioning	1	_____	_____
KINE 302 Exercise and Sports Injuries	2	_____	_____
FACS 333 (or HLTH 333) Exercise and Sports Nutrition	3	_____	_____

"C" or better is required in all courses.

**DIRECTED COURSES (REQUIRED)** (0-11 hours) These courses are approved General Education courses and may be counted in Foundational/ Investigative Studies.

BIOL 213 Human Anatomy/Physiology I	3	_____	_____
BIOL 214 Human Anatomy/Phy. I Lab	1	_____	_____
BIOL 215 Human Anatomy/Physiology II	3	_____	_____
BIOL 216 Human Anatomy/Phy. II Lab	1	_____	_____
HLTH 216 Personal Health	3	_____	_____

"C" or better is required in all courses.

**FREE ELECTIVES** (0-20 hours) Minors are included as elective hours, as are CRST 290 and any INFT courses. Honors students must take HONR 395 in Fall of Junior year.

_____	_____	_____	_____
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**GRADUATION REQUIREMENTS**

CRST 290 History of Life	2-3	_____
FRSM 101 Freshman Seminar	REQ. _____	MET _____

All Christian/Community Service requirements must be satisfied before a degree will be awarded.

**TOTAL** – 121 hours minimum required. (Of this total, at least 40 hours must be 300-400 level.)