

Name _____ ID _____

GENERAL EDUCATION: CORE COMPETENCY REQUIREMENTS
(59-63 hours)

ALL GENERAL EDUCATION COURSES MUST BE CHOSEN FROM THE LIST OF "APPROVED RESIDENTIAL GENERAL EDUCATION & INTEGRATIVE COURSES." (www.liberty.edu/gened)

COMMUNICATION (6 hours)

Course	Hrs.	Sem. Taken	Grade
COMS 101 Speech Communication	3	_____	_____
ENGL 101 Composition and Rhetoric	3	_____	_____

MATHEMATICS, SCIENCE, & TECHNOLOGY (11-15 hours)

CRST 290 History of Life	2-3	_____	_____
MATH _____ (above 110)	3	_____	_____
NAT SCI _____	3	_____	_____
NAT SCI, MATH or BUSI 201	3	_____	_____
Technology Competency	0-3	_____	_____

INFORMATION LITERACY (6 hours)

ENGL 102 Composition and Literature	3	_____	_____
HIEU 201 or 202 or HIUS 221 or 222	3	_____	_____

CRITICAL THINKING (15 hours)

ENGL 201, 202, 215, 216, 221, or 222	3	_____	_____
GOVT 200, PSYC 101 or 210, SOC 200 or 201	3	_____	_____
PHIL 201 Phil./Contemporary Ideas	3	_____	_____

HUMN 101, THEA 101, ARTS 105,
or MUSC 103 **AND** _____ 3 _____

*GEN ED ELECTIVE (non-language) _____ 3 _____

OR

LANG _____ **AND _____ 3 _____

**LANG _____ _____ 3 _____

BIBLICAL WORLDVIEW (21 hours)

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	_____	_____
BWVW 101 Biblical Worldview I	2	_____	_____
BWVW 102 Biblical Worldview II	2	_____	_____
EVAN 101 Evangelism and Christian Life	2	_____	_____
PSYC 150 Psychology of Relationships	3	_____	_____
THEO 201 Theology Survey I	3	_____	_____
THEO 202 Theology Survey II	3	_____	_____

*All courses **except** ENGL and Language qualify for the General Education elective

**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 302 Exercise and Sports Injuries	2	_____	_____
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	_____	_____
FACS 333 (or HLTH 333) Exercise and Sports Nutrition	3	_____	_____
KINE 101 Physical Fitness	1	_____	_____
KINE _____ (choose from KINE 210-240)	1	_____	_____
KINE 225 Weight Training/Conditioning	1	_____	_____

"C" or better is required in all courses.

DIRECTED COURSES (REQUIRED) (2-11 hours) These courses (>) are approved General Education courses and may be counted in the Core Competency requirements.

(>)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 (12-16 hours) Minors are included as elective hours. Honors students must take HONR 395 in Fall of Junior year.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

GRADUATION REQUIREMENTS

FRRM 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.)