

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)

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 CMIS 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, VCAR 105, or MUSC 103 AND	3			
*GEN ED ELECTIVE (non-language)	3			
	OR			
**LANG _____ AND	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/
CMIS 201/VCAR 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 prior to KINE 499)

MAJOR: KINESIOLOGY: EXERCISE SCIENCE (54 hours)

(CORE) (21 hours)

Course	Hrs.	Sem.	Taken	Grade
KINE 101 Physical Fitness	1			
KINE 208 Motor Learning	3			
KINE _____ (choose from KINE 210-240)	1			
KINE 225 Weight Training/Conditioning	1			
KINE 310 Physiology of Exercise	3			
KINE 311 Analysis of Human Movement	3			
KINE 320 Measurement/Evaluation in Health and Kinesiology	3			
KINE 333 Adapted Phys. Activity	3			
FACS 330 Human Nutrition	3			

(SPECIALIZATION: Exercise Science) (33 hours)

KINE 350 Biomechanics	3			
KINE 410 Applied Exercise Physiology	3			
KINE 411 Practicum I	1			
KINE 421 Practicum II	1			
KINE 460 Exercise Testing, Evaluation, and Prescription	3			
KINE 461 Exercise Leadership	3			
KINE 499 Internship in Kinesiology	3			
CHEM 121 General Chemistry I	4			
CHEM 122 General Chemistry II	4			
PHYS 201 General Physics I	4			
PHYS 202 General Physics II	4			

NOTE: 2.25 or higher cumulative GPA is required.

DIRECTED COURSES (REQUIRED) (0-17 hours) These courses are approved General Education courses and may be counted in Foundational/ Investigative Studies.

MATH 121 College Algebra	3			
-BIOL 211 Human Anatomy/Physiology I	4			
-BIOL 212 Human Anatomy/Physiology II	4			
HLTH 216 Personal Health	3			
MATH 201 Intro. to Probability/Statistics	3			

~"C" or better is required.

FREE ELECTIVES (0-10 hours) [8 hours must be upper level] 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.

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

GRADUATION REQUIREMENTS

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

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