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.

INVESTIGATIVE STUDIES (39-41 hours)

MAJOR: EXERCISE SCIENCE: FITNESS SPECIALIST (44 hours)

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

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.

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)

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.)

12/1/2011