

Exercise Science: Frequently Asked Questions

Who is my academic advisor for Exercise Science?

Freshman and Sophomore Advisor: Mr. Corey Rugh (located in DeMoss Hall 1100) cdrugh@liberty.edu

Junior and Senior Advisors: Based on the first letter of the student's last name:

A-B: Dr. David Titcomb (Science Hall T013) dtitcomb@liberty.edu

C-F: Dr. Justin Kilian (Science Hall T022) jrkilian@liberty.edu

G-K: Dr. Jeff Lowes (Science Hall T026) jnlowes@liberty.edu

L-N: Mr. Jessi Glauser (Science Hall T02C) jglauser@liberty.edu

O-S: Dr. David Horton (Science Hall T024) dhorton@liberty.edu

T-Z: Dr. Stephen Eakin (Science Hall T023) sweakin@liberty.edu

What is the recommended sequences of classes that I should take each semester?

Please see the following webpage and follow the instructions below for course sequences.

<https://www.liberty.edu/index.cfm?PID=39557>

At the top of the page select the year that you declared your major as EXSC. (Note: If you are not sure what year you declared your major you can check this in ASSIST). Students will remain on the DCP year that they declared their major as EXSC.

Next, scroll down to School of Health Sciences and select your Exercise Science degree concentration. The recommended course sequence is found on the second page of the DCP document.

Note: If you declared the EXSC major in 2016 or prior, use this link for course sequences:

<https://www.liberty.edu/registrar/course-registration/course-sequencing-2016-2017/>

Course pre-requisites are listed in the course catalog:

<https://catalog.liberty.edu/undergraduate/courses/exsc/>

They are also posted on the EXSC webpage: <https://www.liberty.edu/health-sciences/bachelors/exercise-science/>

See your advisor with any further questions.

What is the difference between Therapeutic Science and Fitness Specialist concentrations?

The Therapeutic Science Concentration is designed for students planning on attending graduate school for health care related masters or doctoral degree programs after completing the Exercise Science undergraduate (Bachelors) degree.

The Therapeutic Science Concentration requires 20 credit hours of science courses. Students can select these from the following list: General Biology, Microbiology, Chemistry, Organic Chemistry, and Physics. Students should select the appropriate general science courses which pertain to the pre-requisites to the graduate school(s) they will be applying to. Students should begin looking at graduate school pre-requisites during freshman and sophomore years to be prepared to apply to graduate school having taken the appropriate courses their senior year.

In addition, the Therapeutic Science Concentration includes these courses:

ATTR 330 Clinical Musculoskeletal Anatomy & Function

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AT*TR 331 Clinical Musculoskeletal Anatomy Lab

AT*TR 335 Musculoskeletal Injury Assessment

AT*TR 336 Musculoskeletal Injury Assessment Lab

AT*TR 406 Theory of Therapeutic Rehabilitation

AT*TR 425 Healthcare Evidenced-Based Research Analysis

MATH 201 Statistics

Fitness Specialist concentration has these unique courses: EXSC 315: Group Exercise Instruction, PHED 101 Physical Fitness, and a PHED activity course.

What is the difference between the Fitness Specialist and Strength & Conditioning Specialist Cognate?

The Strength & Conditioning Specialist Cognate is designed for students who are interested in future careers such as a strength & conditioning coach, tactical strength and conditioning specialist, athletic development specialist, human performance specialist. This cognate has additional courses incorporated into requirements for graduation such as EXSC 345 Applied Strength Training & Conditioning, EXSC 440 Programming & Periodization for Strength & Conditioning, and EXSC 401 Seminar in Strength & Conditioning.

The Fitness Specialist Cognate is designed for students who are interested in working in future careers such as an Exercise Physiologist, Personal Trainer, Fitness/Wellness Center Manager, and Cardiopulmonary Rehabilitation Fitness Specialist. Fitness Specialist concentration additional unique courses incorporated into requirements for graduation such as: EXSC 315: Group Exercise Instruction, PHED 101 Physical Fitness, and a PHED activity course.

Is there a Minor offered in the EXSC program?

Yes, we offer a minor in Strength & Conditioning. Students who are interested in becoming a Strength & Conditioning Specialist, but would prefer to major in a different discipline than Exercise Science may choose to minor in Strength & Conditioning. For example, if a student is interested in running their own fitness or strength business in the future, they may choose to major in business and minor in strength & conditioning.

Is there an application process to the Exercise Science program?

Yes, to meet the requirements for our program accreditation, all students who declare their major as Exercise Science must apply and be accepted into the EXSC program to be able to take upper level courses in the major. Please see the Admissions and Retention Guidelines document located at the bottom of the Exercise Science website for requirements and instructions: <https://www.liberty.edu/health-sciences/bachelors/exercise-science/>

Where can I get CPR and First Aid Certified on Campus?

Combined first aid/cpr/AED certification:

Available through CASAS at LU. Offered regularly throughout the semester. (the course is 4 hours long). Sign up online on the CASAS continuing education website (you also have to create a username and password separate from your LU account in the registration webpage).

Link: <https://www.liberty.edu/cpr>

Combined First Aid/CPR/AED certification plus college credit hours for course: HLTH 205

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HLTH 205: offered Fall, January, Spring, Summer. Taught by Dr. Eric Brubaker

What student Clubs are most associated with the Exercise Science major?

Pre-physical therapy club, Pre-occupational therapy club, Pre-physician assistant club, Pre-med club, Powerlifting Club. Webpage for student clubs:

<https://www.liberty.edu/studentaffairs/sga/index.cfm?PID=19868>

What is required to take the ACSM Certified Exercise Physiologist (EP-C) exam in EXSC 485?

This certification exam is taken by EXSC students prior to internship their Senior year and is part of the EXSC 485 course. Please see the Exercise Science website for more information:

<https://www.liberty.edu/health-sciences/bachelors/exercise-science/>

Instructor for EXSC 485: Dr. Jim Schoffstall: jeschoffstall@liberty.edu

What minimum score do I need to earn on the EP-C exam in order to graduate? 480/800

What minimum score do I need to earn on the EP-C exam in order to become certified? 550/800

Can I take the NSCA Certified Strength and Conditioning Specialist (CSCS) exam (EXSC 486) instead of the ACSM EP-C exam (EXSC 485)?

Yes. Students may choose to complete either EXSC 486 or EXSC 485 prior to internship. For more information about the workshop and course, contact Dr. Justin Kilian: jrkilian@liberty.edu

What score do I need to earn on the CSCS exam in order to graduate? Minimum of 60% in both sections of the exam.

What score do I need to earn on the CSCS exam in order to become certified? 70% or higher in both sections of the exam.

Why can't I sign up for a class?

If you are unable to sign up for a class on ASIST, you will see an error message that explains why you cannot sign up for the class. The most common errors are a campus restriction error (A campus restriction error means that the class is an online class) and a prerequisite error.

The prerequisite error means that the registration system does not see that you have met the academic qualifications to take the course. (If you have met the pre-requisites, fill out a prerequisite override form located on the registrar website: <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>. Dr. Schoffstall will receive this form once you submit it online and then approve/deny your request).

Can I take classes online?

If you have a 2.0 or higher GPA, you can take classes online. If you live on campus, you need at least 3 credit hours residentially. If you are an international student, you need at least 9 credit hours residentially. **There are no undergraduate residential exercise science courses offered online**, however most of the general studies courses that are listed on the left side of the DCP are offered online and residential.

How do I sign up for online classes?

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You can sign up for online classes from the Registrar's Office webpage. Please go to (<https://www.liberty.edu/academics/registrar/index.cfm?PID=5380>) and select "Residential Students Taking Online Courses."

Can I take summer classes for Exercise Science Courses?

Yes, the following courses are typically offered in the summer: 310, 321, 340, 350, 351, 410/411, 499.

Can I take a class at a community college and transfer it in to Liberty?

If the community college is an accredited college within the state of Virginia, you can go to the registrar's website and use the VCCS Transfer Guide (<http://www.liberty.edu/index.cfm?PID=10655>) to see the course equivalencies. If you are taking the course elsewhere, you will need prior approval by filling out a Transient Approval Form – found on the registrar's website under "online forms" <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>.

Can I be considered a senior prior to my 4th year at LU?

Yes, once a student completes 72 credit hours, they are considered senior status from an academic standpoint. Students can view their total completed credit hours on ASIST.

Can I substitute a class?

If you want to substitute a class outside of EXSC major, you will need to complete a course substitution form: <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>.

Can I walk in May graduation with remaining classes?

If students have 2 or fewer courses left to complete and are enrolled in those courses for the summer, they can participate in the May commencement ceremony. One of those courses can be EXSC 499 Internship, however the other course cannot be another EXSC course. All other EXSC courses need to be completed before internship based on program accreditation standards. In addition, for degree conferral, students must also have completed their CSER requirements.

Is there a Fall/Winter graduation ceremony held at Liberty University?

No.

How do I get into a class that is full?

Students can only enroll into a class that is full only if the professor of the class agrees to add them to the class. Students will need either a professor signature on an add/drop form or an email to registrar from the professor of the course you wish to add granting permission.

Where do I find the form for (add/drop, course sub, etc)?

This form is located on the registrar forms webpage: <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>

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Can I perform an independent study as a substitute for taking a course?

Performing an independent study requires approval from the Course Instructor, Department Chair, and Dean. This process should be started the semester prior. The independent study form is found on the registrar forms webpage: <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>

Can I take more than 18 credits during a semester?

To take 19-20 hours per semester students must have a 3.0 GPA or higher and have Dept. Chair approval

To take 21 hours per semester students must have a 3.5 GPA or higher and have the Dean's approval

Can I withdraw from a residential general education class to then take it online during the same semester?

No. Students may not attempt a class more than once per semester.

How do I withdraw from a class?

To withdraw from a class, go to registrar forms and submit a Course Withdrawal Form.
<https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>

Note that this must be performed prior to the withdrawal deadline for the semester which is listed on the University's academic calendar. <https://www.liberty.edu/academics/registrar/index.cfm?PID=17813>