

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	_____	_____
GNEC 101 Contemporary Issues I	1	_____	_____
GNEC 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 <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/  
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 \_\_\_\_\_

**MAJOR: KINESIOLOGY: HEALTH & PHY. ED./  
NON-LICENSURE** (50 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 Phy. Activity	3	_____	_____
FACS 330 Human Nutrition	3	_____	_____

**(SPECIALIZATION: Health & Phy. Ed./Non-Licensure)** (29 hours)

KINE 207 History/Foundations of Phy. Ed.	2	_____	_____
KINE 210 Softball/Volleyball	1	_____	_____
KINE 211 Basketball/Soccer	1	_____	_____
KINE 212 Innovative Games	1	_____	_____
KINE 213 Racquet Sports	1	_____	_____
KINE 214 Tumbling/Rhythmic Activities	1	_____	_____
KINE 215 Track and Field/Flag Football	1	_____	_____
KINE 245 PE Observations in Schools	1	_____	_____
KINE 404 Administration/Organization of Phy. Ed., Exercise/Fitness	3	_____	_____
KINE 450 Elementary Phy. Ed. Methods	3	_____	_____
KINE 451 Secondary Phy. Ed. Methods	3	_____	_____
HLTH 252 Drugs in Society	3	_____	_____
HLTH 402 The School Health Program	3	_____	_____
HLTH 440 Methods/Resources in Teaching Applied Sciences in Schools	2	_____	_____
SMGT 300 Introduction to Coaching	3	_____	_____

**NOTE: 2.0 or higher cumulative GPA is required.**

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

-BIOL 211 Human Anatomy/Physiology I	4	_____	_____
-BIOL 212 Human Anatomy/Physiology II	4	_____	_____
HLTH 216 Personal Health	3	_____	_____

~"C" or better is required.

**FREE ELECTIVES** (0-13 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** – 120 hours minimum required. (Of this total, at least 40 hours must be 300-400 level.)