

CORE COURSES (17 hours)

| | | <u>Hrs</u> | <u>Semester</u> | <u>Grade</u> |
|----------|--|-------------------|------------------------|---------------------|
| EXSC 510 | Advanced Exercise Physiology | 3 | _____ | _____ |
| EXSC 511 | Advanced Exercise Physiology Lab ¹ | 1 | _____ | _____ |
| EXSC 520 | Statistical Analysis in Exercise Science | 3 | _____ | _____ |
| EXSC 525 | Research Methods in Exercise Science | 3 | _____ | _____ |
| EXSC 550 | Advanced Biomechanical Analysis | 3 | _____ | _____ |
| EXSC 551 | Advanced Biomechanical Analysis Lab ¹ | 1 | _____ | _____ |
| HLTH 645 | Performance Nutrition for the Physically Active | 3 | _____ | _____ |

COMMUNITY PHYSICAL ACTIVITY COGNATE (12 hours)

| | | | | |
|----------|--|---|-------|-------|
| EXSC 633 | Exercise & Phys. Activity for People with Disabilities | 3 | _____ | _____ |
| EXSC 640 | Public Health and Physical Activity | 3 | _____ | _____ |
| EXSC 650 | Promoting Physical Activity in the Community | 3 | _____ | _____ |
| EXSC 660 | Fitness Assessment & Programming | 3 | _____ | _____ |

INTERNSHIP OR THESIS COURSES (6 hours)

Choose the Internship Track or the Thesis Track:

Internship Track:

| | | | | |
|----------|------------|---|-------|-------|
| EXSC 699 | Internship | 6 | _____ | _____ |
|----------|------------|---|-------|-------|

Thesis

| | | | | |
|----------|---------------------------------------|---|-------|-------|
| EXSC 689 | Thesis Proposal & Design ² | 3 | _____ | _____ |
| EXSC 690 | Thesis Defense | 3 | _____ | _____ |

TOTAL HOURS 35

Graduation Requirements

Complete 35 hours

A minimum of 29 hours must be completed through Liberty University, not to include credits from a prior degree earned through Liberty

A maximum of 6 hours of transfer credit, including credit from a degree on the same academic level previously earned through Liberty, may be applied to the degree
 3.0 GPA

No more than two grades of C may be applied to the degree (includes grades of C+ & C-)

No grade of D or below may be applied to the degree (includes grades of D+ & D-)

Liberty University course work that is more than seven years old may not be applied towards this degree. Students are required to repeat the course if it has exceeded the age limit.

Degree must be completed within 5 years

All Resident students are required to enroll in and pass GRST 500 in their first semester

All Online students admitted on Academic Caution are required to enroll in and pass GRST 500 in their first semester

Please submit a Graduation Application to the Registrar's Office at the beginning of the final semester

Note

¹Course offered as an Intensive

²Any thesis student who is not ready for enrollment in EXSC 690 after completing EXSC 689 may be required, as determined by the student's thesis chair, to repeat EXSC 689 until deemed ready for enrollment in EXSC 690.

SUGGESTED COURSE SEQUENCE

| <u>First Semester</u> | | <u>Second Semester</u> | |
|-----------------------|----------|------------------------|----------|
| EXSC 510 | 3 | EXSC 520 | 3 |
| EXSC 511 ¹ | 1 | EXSC 525 | 3 |
| EXSC 550 | 3 | HLTH 645 | <u>3</u> |
| EXSC 551 ¹ | <u>1</u> | Total | 9 |
| Total | 8 | | |

| <u>Third Semester</u> | | <u>Fourth Semester</u> | |
|-----------------------|----------|---|----------|
| EXSC 633 | 3 | EXSC 660 | 3 |
| EXSC 640 | 3 | Internship or Thesis Track ² | <u>6</u> |
| EXSC 650 | <u>3</u> | Total | 9 |
| Total | 9 | | |

Notes

¹Intensive

²Students must take EXSC 699 or EXSC 689 & 690.