

**CORE COMPETENCY REQUIREMENTS<sup>1</sup> (36-42 hours)**

Course		Hrs	Semester	Grade
<b>Communication</b> (6-9 hours)				
ENGL 101	Composition & Rhetoric	3	_____	_____
_____	Communications Elective	3/6	_____	_____
<b>Math, Science &amp; Technology</b> (9-12 hours)				
_____	Math Elective (MATH 115 or higher)	3	_____	_____
_____	Natural Science Elective	3	_____	_____
_____	Math, Natural Science or Tech. Elective	3	_____	_____
_____	Technology Competency <sup>2</sup>	0-3	_____	_____
<b>Information Literacy</b> (6 hours)				
_____	Composition Elective	3	_____	_____
_____	History Elective	3	_____	_____
<b>Critical Thinking</b> (15 hours)				
PHIL 201	Philosophy & Contemporary Ideas	3	_____	_____
_____	Literature Elective	3	_____	_____
_____	Social Science Elective	3	_____	_____
<b>Choose one of the following:</b>				
<b>General Education Option</b> (6 hours)				
_____	Cultural Studies Elective	3	_____	_____
_____	General Education Elective	3	_____	_____
<b>OR</b>				
<b>Language Option<sup>3</sup></b> (6 hours)				
_____	Language Elective	3	_____	_____
_____	Language Elective	3	_____	_____
<b>CHRISTIAN LIFE &amp; THOUGHT<sup>4,5</sup> (22-23 hours)</b>				
BIBL 105	Old Testament Survey <sup>6</sup>	3	_____	_____
BIBL 110	New Testament Survey <sup>6</sup>	3	_____	_____
BWVW 101	Biblical Worldview I <sup>7</sup>	1	_____	_____
BWVW 102	Biblical Worldview II <sup>7</sup>	1	_____	_____
CRST 290	History of Life	2-3	_____	_____
EVAN 101	Evangelism & Christian Life	2	_____	_____
PSYC 150	Psychology of Relationship Development	3	_____	_____
THEO 201	Theology Survey I	3	_____	_____
THEO 202	Theology Survey II	3	_____	_____
UNIV 101	University Core Competencies	1	_____	_____

**MAJOR (50 hours)**

Course		Hrs	Semester	Grade
<b>Core</b> (21 hours)				
EXSC 310	Physiology of Exercise	3	_____	_____
EXSC 311	Analysis of Human Movement	3	_____	_____
EXSC 320	Measurement & Eval. in Health & Kine.	3	_____	_____
HLTH 330	Human Nutrition <sup>8</sup>	3	_____	_____
KINE 101	Physical Fitness	1	_____	_____
KINE 208	Motor Learning	2	_____	_____
KINE 209	Motor Learning Lab	1	_____	_____
KINE 225	Weight Training/Conditioning	1	_____	_____
KINE 333	Adapted Physical Activity	2	_____	_____
KINE 334	Adapted Physical Activity Lab	1	_____	_____
KINE _____	_____ <sup>9</sup>	1	_____	_____
<b>Concentration</b> (29 hours)				
HLTH 252	Drugs in Society	3	_____	_____
HLTH 402	The School Health Program	3	_____	_____
HLTH 440	Methods/Res. in Teach. App. Sci. in Sch.	2	_____	_____
KINE 207	History & Foundations of Physical Educ.	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 & Field/Flag Football	1	_____	_____
KINE 245	PE Observations in Schools	1	_____	_____
KINE 404	Admin./Org. of Phys. Ed. Exercise/Fitness	3	_____	_____
KINE 450	Elementary Physical Education Methods	3	_____	_____
KINE 451	Secondary Physical Education Methods	3	_____	_____
SMGT 300	Introduction to Coaching	3	_____	_____
<b>DIRECTED COURSES<sup>10</sup> (2-11 hours)</b>				
BIOL 213	Human Anatomy & Physiology I <sup>11</sup>	3	_____	_____
BIOL 214	Human Anatomy & Physiology I Lab <sup>11</sup>	1	_____	_____
BIOL 215	Human Anatomy & Physiology II <sup>11</sup>	3	_____	_____
BIOL 216	Human Anatomy & Physiology II Lab <sup>11</sup>	1	_____	_____
HLTH 216	Personal Health	3	_____	_____
<b>FREE ELECTIVES<sup>12, 13, 14</sup> (0-10 hours)</b>				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

ADDITIONAL MAJOR REQUIREMENTS	
First Aid/ CPR Certification	Date Completed: _____
Swimming Proficiency	Date Completed: _____

GRADUATION REQUIREMENTS	
<b>120</b>	Total Hours
<b>37</b>	Hours must be upper-level (300-400 level)
<b>2.0</b>	Overall Grade Point Average
<b>50%</b>	Of the major must be completed through Liberty
<b>30</b>	Hours must be completed through LU (Online and/or Residential)
<b>Grade of "C"</b>	Minimum required for <u>all</u> upper-level courses
<b>NSSR 101</b>	New Student Seminar
<b>CSER</b>	All requirements must be satisfied before a degree will be awarded
<b>Grad App</b>	Submission of Graduation Application must be completed within the last semester of a student's anticipated graduate date

NOTES
<sup>1</sup> Please refer to the list of Approved General Education and Integrative Courses at <a href="http://www.liberty.edu/gened">www.liberty.edu/gened</a> before enrolling in Core Competency Requirements.
<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course. Please refer to <a href="http://www.liberty.edu/inft">http://www.liberty.edu/inft</a> for more information.
<sup>3</sup> Must be the same language
<sup>4</sup> Students with a minimum of 45 transfer hours may take BIBL 105 or 110, and THEO 201 or 202, and nine hours of electives from: BWVW 101, 102, CRST 290, EVAN 101, PSYC 150 or UNIV 101.
<sup>5</sup> Students with a minimum of 60 transfer hours may take BIBL 105 or 110 and THEO 201 or 202, and six hours of elective from: BWVW 101, 102, CRST 290, EVAN 101, PSYC 150 or UNIV 101.
<sup>6</sup> Honors Program students may take BIBL 205 and 210 in place of BIBL 105 and 110
<sup>7</sup> BWVW 101 and 102 must be completed by all freshmen students within the first year. These courses meet the CSER requirement for the first year at Liberty.
<sup>8</sup> Crosslisted with FACS 330
<sup>9</sup> Choose from: KINE 210-240
<sup>10</sup> These are approved General Education courses and may be counted in the CCRs
<sup>11</sup> Minimum grade of "C" required
<sup>12</sup> Minors are included in elective hours
<sup>13</sup> Honor students must take HONR 395 in Fall of Junior year
<sup>14</sup> May need 5 hours of 300-400 level electives to fulfill upper-level requirement