

Important: This degree plan is effective for those starting this degree program in fall 2024 through summer 2025. This degree plan will remain in effect for students who do not break enrollment or who do not change degree programs, concentrations or cognates.

GENERAL EDUCATION/

FOUNDATIONAL SKILLS REQUIREMENTS (40-43 hours)

Course	Hrs	Sem	Grade
Communication & Information Literacy (12 hours)¹			
ENGL 101	Composition & Rhetoric	3	_____
_____	Communications Elective	3	_____
_____	Information Literacy Elective	3	_____
_____	Information Literacy Elective	3	_____
Technological Solutions & Quantitative Reasoning (4-7 hours)¹			
UNIV 101	Foundational Skills	1	_____
MATH _____	Math Elective (MATH 114 or higher)	3	_____
_____	Technology Competency ²	0-3	_____
Critical Thinking (5 hours)¹			
RLGN 105	Intr Bwvw/Contemp Moral Issues ³	2	_____
_____	Critical Thinking Elective	3	_____
Civic & Global Engagement (5 hours)¹			
EVAN 101	Evangelism & Christian Life ³	2	_____
_____	Cultural Studies Elective	3	_____
Social & Scientific Inquiry (6 hours)¹			
_____	Natural Science Elective	3	_____
_____	Social Science Elective	3	_____
Christianity & Contexts (8 hours)¹			
BIBL 105	Old Testament Survey	2	_____
BIBL 110	New Testament Survey	2	_____
THEO 201	Theology Survey I ³	2	_____
THEO 202	Theology Survey II ³	2	_____

Major Foundational Courses (4-11 hours)

Course	Hrs	Sem	Grade
BIOL 213	Human Anatomy & Physiology I ^{5,6}	3	_____
BIOL 214	Human Anatomy & Physiology I Lab ^{5,6}	1	_____
BIOL 215	Human Anatomy & Physiology II ^{5,6}	3	_____
BIOL 216	Human Anatomy & Physiology II Lab ^{5,6}	1	_____
HLTH 216	Personal Health ⁵	3	_____

MAJOR

Core (38 hours)

ATTR 205	Musculoskeletal Term. & Clinical Docu.	2	_____
CRST 290	History of Life	3	_____
EXSC 101	Introduction to Exercise Science	1	_____
EXSC 310	Physiology of Exercise	3	_____
EXSC 320	Measurement & Eval. in Health & Kine.	3	_____
EXSC 321	Practicum	1	_____
EXSC 333	Ergogenic Aids in Sport	3	_____
EXSC 350	Biomechanics	3	_____
EXSC 351	Biomechanics Lab	1	_____
EXSC 410	Applied Exercise Physiology	3	_____
EXSC 411	Applied Exercise Physiology Lab	1	_____
EXSC 433	Exercise Prescript. for Special Populations	3	_____
EXSC 460	Exercise Testing, Eval. & Prescription	3	_____
EXSC 461	Exercise Leadership	3	_____
EXSC 485	Exercise Physiologist Workshop & Cert.	1	_____
PHED 225	Weight Training/Conditioning	1	_____
STRG 340	Essentials of Strength Training & Cond.	3	_____

Cognate (13 hours)

EXSC 302	Exercise & Sports Injuries	2	_____
EXSC 311	Analysis of Human Movement	3	_____
EXSC 315	Group Exercise Instruction	1	_____
or EXSC 345	Applied Strength Training & Conditioning	2	_____
EXSC 499	Internship in Exercise Science	4	_____
PHED 101	Physical Fitness	1	_____
PHED _____	PHED Elective ⁷	1	_____

FREE ELECTIVES (15-25 hours)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Additional Requirements

First Aid/CPR Certification	Date Completed: _____
ACSM Exercise Physiologist Exam ⁴	Date Completed: _____

Graduation Requirements

120 Total Hours

2.5 Overall grade point average

30 Hours must be upper-level courses (300-400 level)

Grade of 'C' Minimum required for all upper-level courses in the major

50% Of major and cognate taken through Liberty University

30 Hours must be completed through Liberty University

Grad App Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date

CSER All requirements must be satisfied before a degree will be awarded

Notes

All applicable prerequisites must be met

¹Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in foundational skill requirements

²All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information

³Students transferring in 45 or more UG credit hours will have the requirements of RLGN 105 & EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 & THEO 202 waived

⁴Must be completed prior to EXSC 499; minimum score of 480

⁵Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened

⁶Minimum grade of "C" is required

⁷Choose from PHED 216-240

Suggested Course Sequence on second page

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

First Semester		Second Semester	
ENGL 101	3	BIBL 105	2
EVAN 101	2	RLGN 105	2
UNIV 101	1	Natural Science Elective ¹ [BIOL 213/214]	3/1
Math Elective ¹	3	Communications Elective ¹	3
ATTR 205	2	Information Literacy Elective ¹	3
EXSC 101	1	Technology Competency ²	0-3
Elective	1	PHED 101	1
CSER	<u>0</u>	CSER	<u>0</u>
Total	13	Total	15-18

SOPHOMORE YEAR

BIBL 110	2	EXSC 302	2
Information Literacy Elective ¹ [HLTH 216]	3	EXSC 315 or STRG 345	2
BIOL 215	3	EXSC 321	1
BIOL 216	1	EXSC 333	3
EXSC 310	3	PHED 225	1
PHED Elective ³	1	Elective	3
Elective	3	Elective	3
CSER	<u>0</u>	CSER	<u>0</u>
Total	16	Total	15

JUNIOR YEAR

Cultural Studies Elective ¹	3	EXSC 311	3
Social Science Elective ¹	3	EXSC 410	3
EXSC 320	3	EXSC 411	1
EXSC 350	3	STRG 340	3
EXSC 351	1	Elective	3
Elective	3	Elective	3
CSER	<u>0</u>	CSER	<u>0</u>
Total	16	Total	16

SENIOR YEAR

THEO 201	2	THEO 202	2
CRST 290	3	Critical Thinking Elective ¹	3
EXSC 433	3	EXSC 499	4
EXSC 460	3	Elective	3
EXSC 461	3	Elective	3
EXSC 485	1	CSER	<u>0</u>
CSER	<u>0</u>	Total	15
Total	15		

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³Choose from PHED 216-240