

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	_____	_____

Course	Hrs	Sem	Grade
--------	-----	-----	-------

Major Foundational Courses (4-11 hours)

BIOL 213	Human Anatomy & Physiology I ^{6,7}	3	_____	_____
BIOL 214	Human Anatomy & Physiology I Lab ^{6,7}	1	_____	_____
BIOL 215	Human Anatomy & Physiology II ^{6,7}	3	_____	_____
BIOL 216	Human Anatomy & Physiology II Lab ^{6,7}	1	_____	_____
HLTH 216	Personal Health ⁶	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 340	Essentials of Strength Training & Cond.	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.			
or EXSC 486	Strength & Cond. Spec. Workshop & Cert ⁸	1	_____	_____
HLTH 333	Exercise & Sports Nutrition	3	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____

Cognate (13 hours)

EXSC 311	Analysis of Human Movement	3	_____	_____
EXSC 345	Applied Strength Training & Conditioning	2	_____	_____
EXSC 401	Seminar in Strength & Conditioning	1	_____	_____
EXSC 440	Programming & Periodization for Strength & Conditioning	3	_____	_____
EXSC 499	Internship in Exercise Science	4	_____	_____

FREE ELECTIVES (15-25 hours)

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

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 skills 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

⁵Must be completed prior to EXSC 499; minimum overall score of 60% in both sections of the exam

⁶Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened

⁷Minimum grade of "C" is required

⁸EXSC 486 is strongly recommended

Suggested Course Sequence on second page

Additional Requirements

First Aid/CPR Certification Date Completed: _____
ACSM Exercise Physiologist Exam⁴
or NSCA Strength & Conditioning Spec. Exam⁵ 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

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

First Semester		Second Semester	
ENGL 101	3	BIBL 105	2
EVAN 101	2	RLGN 105	2
UNIV 101	1	Communications Elective ¹	3
Math Elective ¹	3	Information Literacy Elective ¹	3
ATTR 205	2	Natural Science Elective ¹ [BIOL 213/214]	3/1
EXSC 101	1	Technology Competency ²	0-3
Elective	3	CSER	0
CSER	0		Total 14-17
Total	15		

SOPHOMORE YEAR

BIBL 110	2	THEO 202	2
THEO 201	2	EXSC 320	3
Information Literacy Elective ¹ [HLTH 216]	3	EXSC 321	1
BIOL 215	3	HLTH 333	3
BIOL 216	1	PHED 225	1
EXSC 310	3	Elective	3
Elective	3	Elective	3
CSER	0	CSER	0
Total	17	Total	16

JUNIOR YEAR

Social Science Elective ¹	3	Critical Thinking Elective ¹	3
EXSC 340	3	EXSC 311	3
EXSC 345	2	EXSC 410	3
EXSC 350	3	EXSC 411	1
EXSC 351	1	EXSC 440	3
Elective	3	Elective	3
CSER	0	CSER	0
Total	15	Total	16

SENIOR YEAR

CRST 290	3	Cultural Studies Elective ¹	3
EXSC 401	1	EXSC 499	4
EXSC 433	3	Elective	3
EXSC 460	3	Elective	3
EXSC 461	3	Elective	2
EXSC 485 <u>or</u> 486	1	CSER	0
CSER	0		Total 15
Total	14		

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 skills requirements

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