

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	3	_____	_____
_____	3	_____	_____
_____	3	_____	_____
_____	3	_____	_____
Technological Solutions & Quantitative Reasoning (4-7 hours)¹			
UNIV 101	1	_____	_____
MATH _____	3	_____	_____
_____	0-3	_____	_____
Critical Thinking (5 hours)¹			
RLGN 105	2	_____	_____
_____	3	_____	_____
Civic & Global Engagement (5 hours)¹			
EVAN 101	2	_____	_____
_____	3	_____	_____
Social & Scientific Inquiry (6 hours)¹			
_____	3	_____	_____
_____	3	_____	_____
Christianity & Contexts (8 hours)¹			
BIBL 105	2	_____	_____
BIBL 110	2	_____	_____
THEO 201	2	_____	_____
THEO 202	2	_____	_____
Major Foundational Courses (4-17 hours)			
BIOL 213	3	_____	_____
BIOL 214	1	_____	_____
BIOL 215	3	_____	_____
BIOL 216	1	_____	_____
HLTH 216	3	_____	_____
MATH 121	3	_____	_____
PSYC 101	3	_____	_____

Course	Hrs	Sem	Grade
MAJOR			
Core (38 hours)			
ATTR 205	2	_____	_____
CRST 290	3	_____	_____
EXSC 101	1	_____	_____
EXSC 310	3	_____	_____
EXSC 320	3	_____	_____
EXSC 321	1	_____	_____
EXSC 333	3	_____	_____
EXSC 350	3	_____	_____
EXSC 351	1	_____	_____
EXSC 410	3	_____	_____
EXSC 411	1	_____	_____
EXSC 433	3	_____	_____
EXSC 460	3	_____	_____
EXSC 461	3	_____	_____
EXSC 485	1	_____	_____
PHED 225	1	_____	_____
STRG 340	3	_____	_____
Concentration (41 hours)			
ATTR 330	3	_____	_____
ATTR 331	1	_____	_____
ATTR 335	3	_____	_____
ATTR 336	1	_____	_____
ATTR 406	3	_____	_____
ATTR 425	3	_____	_____
EXSC 498	4	_____	_____
or EXSC 499	4	_____	_____
MATH 201	3	_____	_____
_____	4	_____	_____
_____	4	_____	_____
_____	4	_____	_____
_____	4	_____	_____
_____	4	_____	_____

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

Graduation Requirements	
123 Total Hours	
2.5 Overall grade point average	
30.75 Hours must be upper-level courses (300-400 level)	
Grade of 'C' Minimum required for all courses in the major	
50% Of major and cognate taken through Liberty University	
30.75 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
¹ Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in foundational skills requirements
² All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information
³ Students 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
⁴ Must be completed prior to EXSC 499; minimum score of 480
⁵ Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened
⁶ Minimum grade of "C" is required
⁷ Cumulative GPA of 3.5 and faculty approval required
⁸ Choose from the following: BIOL 224 and 224L, 225 and 225L, CHEM 121 and 121L, 122 and 122L, 301 and 301L, 302 and 302L, PHYS 201 and 201L, or 202 and 202L
<i>Suggested Course Sequence on second page</i>

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

First Semester		Second Semester	
EVAN 101	2	BIBL 105	2
UNIV 101	1	ENGL 101	3
Math Elective ¹ [MATH 121]	3	MATH 201	3
Technology Competency ²	0-3	RLGN 105	2
ATTR 205	2	Natural Science Elective ¹ [BIOL 213 & 214]	3/1
EXSC 101	1	Social Science Elective ¹ [PSYC 101]	3
Science Elective ³	4	CSER	0
Elective	1	Total	17
CSER	0		
Total	14-17		

SOPHOMORE YEAR

BIBL 110	2	THEO 201	2
BIOL 215	3	Information Literacy Elective ¹	3
BIOL 216	1	ATTR 330	3
EXSC 310	3	ATTR 331	1
PHED 225	1	CRST 290	3
Elective	3	EXSC 321	1
CSER	0	Science Elective ³	4
Total	13	CSER	0
		Total	17

JUNIOR YEAR

Information Literacy Elective ¹ [HLTH 216]	3	ATTR 335	3
EXSC 320	3	ATTR 336	1
EXSC 333	3	EXSC 410	3
EXSC 350	3	EXSC 411	1
EXSC 351	1	EXSC 460	3
Science Elective ³	4	STRG 340	3
CSER	0	Science Elective ³	4
Total	17	CSER	0
		Total	18

SENIOR YEAR

ATTR 406	3	THEO 202	2
ATTR 425	3	Communications Elective ¹	3
EXSC 433	3	Critical Thinking Elective ¹	3
EXSC 461	3	Cultural Studies Elective ¹	3
EXSC 485	1	EXSC 498 OR 499	4
Science Elective ³	4	CSER	0
CSER	0	Total	15
Total	17		

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

³Choose from the following: BIOL 224 and 224L, 225 and 225L, CHEM 121 and 121L, 122 and 122L, 301 and 301L, 302 and 302L, PHYS 201 and 201L, or 202 and 202L