

Important: This minor plan is effective for those starting in the fall 2023 through summer 2024. This minor plan will remain in effect for students who do not break enrollment or who do not change minors.

<u>REQUIRED COURSES (17 hours)</u>		<u>Hrs</u>	<u>Sem</u>	<u>Grade</u>
EXSC 310	Physiology of Exercise ¹	3	_____	_____
EXSC 340	Essentials of Strength Training & Conditioning	3	_____	_____
EXSC 345	Applied Strength Training & Conditioning	2	_____	_____
EXSC 401	Seminar in Strength & Conditioning	1	_____	_____
EXSC 440	Programming & Periodization for Strength & Conditioning	3	_____	_____
EXSC 486	Strength & Conditioning Specialist Workshop & Certification	1	_____	_____
HLTH 333	Exercise & Sports Nutrition	3	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____
TOTAL HOURS		17		

Completion Requirements

17 total hours
25% of the minor must be taken through Liberty University
Minimum grade of 'C' required for all upper-level courses in the Minor

Notes

¹EXSC 310 prerequisites: BIOL 213, 214, 215, and 216. BIOL 215 and 216 may be taken concurrently with EXSC 310
All applicable prerequisites must be met