

Important: This minor plan is effective for those starting in the fall 2024 through summer 2025. This minor plan will remain in effect for students who do not break enrollment or who do not change minors.

<u>REQUIRED COURSES (16 hours)</u>		<u>Hrs</u>	<u>Sem</u>	<u>Grade</u>
EXSC 310	Physiology of Exercise ¹	3	_____	_____
EXSC 333	Ergogenic Aids in Sport	3	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____
STRG 325	Advanced Strength Training	2	_____	_____
STRG 335	Speed, Agility, & Quickness	2	_____	_____
STRG 340	Essentials of Strength Training & Conditioning	3	_____	_____
STRG 345	Applied Strength Training & Conditioning	2	_____	_____
TOTAL HOURS		16		

Completion Requirements

16 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