

**Important:** This degree plan is effective for those starting this degree program in fall 2020 through summer 2021. 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 (44-47 hours)**

Course	Hrs	Sem	Grade
<b>Communication &amp; Information Literacy (13 hours)<sup>1</sup></b>			
ENGL 101	Composition & Rhetoric	3	_____
INQR 101	Inquiry 101	1	_____
_____	Communications Elective	3	_____
_____	Information Literacy Elective	3	_____
_____	Information Literacy Elective	3	_____

**Technological Solutions & Quantitative Reasoning (4-7 hours)<sup>1</sup>**

Course	Hrs	Sem	Grade
UNIV 101	Foundational Skills	1	_____
MATH _____	Math Elective (MATH 114 or higher)	3	_____
_____	Technology Competency <sup>2</sup>	0-3	_____

**Critical Thinking (8 hours)<sup>1</sup>**

Course	Hrs	Sem	Grade
RLGN 105	Intr Bwvw/Contemp Moral Issues <sup>3</sup>	2	_____
RSCH 201	Research 201	3	_____
_____	Critical Thinking Elective	3	_____

**Civic & Global Engagement (5 hours)<sup>1</sup>**

Course	Hrs	Sem	Grade
EVAN 101	Evangelism & Christian Life <sup>3</sup>	2	_____
_____	Cultural Studies Elective	3	_____

**Social & Scientific Inquiry (6 hours)<sup>1</sup>**

Course	Hrs	Sem	Grade
_____	Natural Science Elective	3	_____
_____	Social Science Elective	3	_____

**Christianity & Contexts (8 hours)<sup>1</sup>**

Course	Hrs	Sem	Grade
BIBL 105	Old Testament Survey	2	_____
BIBL 110	New Testament Survey	2	_____
THEO 201	Theology Survey I <sup>3</sup>	2	_____
THEO 202	Theology Survey II <sup>3</sup>	2	_____

Course	Hrs	Sem	Grade
<b>Major Foundational Courses (4-11 hours)</b>			
BIOL 213	Human Anatomy & Physiology I <sup>6,7</sup>	3	_____
BIOL 214	Human Anatomy & Physiology I Lab <sup>6,7</sup>	1	_____
BIOL 215	Human Anatomy & Physiology II <sup>6,7</sup>	3	_____
BIOL 216	Human Anatomy & Physiology II Lab <sup>6,7</sup>	1	_____
HLTH 216	Personal Health <sup>6</sup>	3	_____

**MAJOR**

Course	Hrs	Sem	Grade
<b>Core (38 hours)</b>			
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.	1	_____
or EXSC 486	Strength & Cond. Spec. Worksh. & Cert.	1	_____
HLTH 333	Exercise & Sports Nutrition	3	_____
PHED 225	Weight Training/Conditioning	1	_____

**Cognate (13 hours)**

Course	Hrs	Sem	Grade
EXSC 302	Exercise & Sports Injuries	2	_____
EXSC 311	Analysis of Human Movement	3	_____
EXSC 315	Group Exercise Instruction	2	_____
or EXSC 345	Applied Strength Training & Conditioning	2	_____
EXSC 499	Internship in Exercise Science	4	_____
PHED 101	Physical Fitness	1	_____
PHED _____	PHED Elective <sup>8</sup>	1	_____

**FREE ELECTIVES (11-21 hours)**

Course	Hrs	Sem	Grade
_____	_____	_____	_____
_____	_____	_____	_____

<b>Additional Requirements</b>	
First Aid/CPR Certification	Date Completed: _____
ACSM Exercise Physiologist Exam <sup>4</sup>	Date Completed: _____
or NSCA Strength & Conditioning Spec. Exam <sup>5</sup>	Date Completed: _____

<b>Graduation Requirements</b>
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

<b>Notes</b>
All applicable prerequisites must be met
<sup>1</sup> Refer to the list of approved general education electives at <a href="http://www.liberty.edu/gened">www.liberty.edu/gened</a> before enrolling in foundational skill requirements
<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course; refer to <a href="http://www.liberty.edu/computerassessment">www.liberty.edu/computerassessment</a> for more information
<sup>3</sup> 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
<sup>4</sup> Must be completed after all EXSC courses, but prior to EXSC 499; minimum score of 480
<sup>5</sup> Must be completed after all EXSC courses, but prior to EXSC 499; minimum overall score of 60% in both sections of the exam
<sup>6</sup> Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at <a href="http://www.liberty.edu/gened">www.liberty.edu/gened</a>
<sup>7</sup> Minimum grade of "C" is required
<sup>8</sup> Choose from PHED 216-240
<i>Suggested Course Sequence on second page</i>

## SUGGESTED COURSE SEQUENCE

### FRESHMAN YEAR

First Semester		Second Semester	
ENGL 101	3	BIBL 105	2
EVAN 101	2	RLGN 105	2
INQR 101	1	Natural Science Elective <sup>1</sup> [BIOL 213/214]	3/1
UNIV 101	1	Communications Elective <sup>1</sup>	3
Math Elective <sup>1</sup>	3	Information Literacy Elective <sup>1</sup>	3
ATTR 205	2	Technology Competency <sup>2</sup>	0-3
EXSC 101	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
RSCH 201	3	EXSC 315 or EXSC 345	2
Information Literacy Elective <sup>1</sup> [HLTH 216]	3	EXSC 321	1
BIOL 215	3	HLTH 333	3
BIOL 216	1	PHED 225	1
EXSC 310	3	Elective	3
PHED Elective <sup>3</sup>	1	Elective	3
CSER	<u>0</u>	CSER	<u>0</u>
Total	16	Total	15

### JUNIOR YEAR

Cultural Studies Elective <sup>1</sup>	3	EXSC 311	3
Social Science Elective <sup>1</sup>	3	EXSC 340	3
EXSC 320	3	EXSC 410	3
EXSC 350	3	EXSC 411	1
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 <sup>1</sup>	3
EXSC 433	3	EXSC 499	4
EXSC 460	3	Elective	3
EXSC 461	3	Elective	3
EXSC 485 or 486	1	CSER	<u>0</u>
CSER	<u>0</u>	Total	15
Total	15		

**Notes**

*All applicable prerequisites must be met*

<sup>1</sup>Refer to the list of approved general education electives at [www.liberty.edu/gened](http://www.liberty.edu/gened) before enrolling in foundational skills requirements

<sup>2</sup>All students must pass the Computer Assessment OR complete applicable INFT course; refer to [www.liberty.edu/computerassessment](http://www.liberty.edu/computerassessment) for more information

<sup>3</sup>Choose from PHED 216-240