

**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	_____	_____
<b>Technological Solutions &amp; Quantitative Reasoning (4-7 hours)<sup>1</sup></b>				
UNIV 101	Foundational Skills	1	_____	_____
MATH _____	Math Elective (MATH 114 or higher)	3	_____	_____
_____	Technology Competency <sup>2</sup>	0-3	_____	_____
<b>Critical Thinking (8 hours)<sup>1</sup></b>				
RLGN 105	Intr Bwvw/Contemp Moral Issues <sup>3</sup>	2	_____	_____
RSCH 201	Research 201	3	_____	_____
_____	Critical Thinking Elective	3	_____	_____
<b>Civic &amp; Global Engagement (5 hours)<sup>1</sup></b>				
EVAN 101	Evangelism & Christian Life <sup>3</sup>	2	_____	_____
_____	Cultural Studies Elective	3	_____	_____
<b>Social &amp; Scientific Inquiry (6 hours)<sup>1</sup></b>				
_____	Natural Science Elective	3	_____	_____
_____	Social Science Elective	3	_____	_____
<b>Christianity &amp; Contexts (8 hours)<sup>1</sup></b>				
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	_____	_____

**Major Foundational Courses (4-17 hours)**

Course		Hrs	Sem	Grade
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	_____	_____
MATH 121	College Algebra <sup>6</sup>	3	_____	_____
PSYC 101	General Psychology <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 Prescription for Special Pop.	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. Worksh. & Cert.	1	_____	_____
HLTH 333	Exercise & Sports Nutrition	3	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____
<b>Concentration (41 hours)</b>				
ATTR 330	Clinical Musculoskeletal Anatomy	3	_____	_____
ATTR 331	Clinical Musculoskeletal Anatomy Lab	1	_____	_____
ATTR 335	Musculoskeletal Injury Assessment	3	_____	_____
ATTR 336	Musculoskeletal Injury Assessment Lab	1	_____	_____
ATTR 406	Theory of Therapeutic Rehabilitation	3	_____	_____
ATTR 425	Hlthcare Evidenced-Based Rsch Analysis	3	_____	_____
EXSC 498	Senior Capstone Project <sup>8</sup>			
or EXSC 499	Internship in Exercise Science	4	_____	_____
MATH 201	Introduction to Probability & Statistics	3	_____	_____
_____	Science Elective <sup>9</sup>	4	_____	_____
_____	Science Elective <sup>9</sup>	4	_____	_____
_____	Science Elective <sup>9</sup>	4	_____	_____
_____	Science Elective <sup>9</sup>	4	_____	_____
_____	Science Elective <sup>9</sup>	4	_____	_____

**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>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 [www.liberty.edu/gened](http://www.liberty.edu/gened)  
<sup>7</sup>Minimum grade of "C" is required  
<sup>8</sup>Cumulative GPA of 3.5 and faculty approval required  
<sup>9</sup>Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202  
 Suggested Course Sequence on second page

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

<b>Graduation Requirements</b>	
127 Total Hours	
2.5 Overall grade point average	
31.75 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	
31.75 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	

## SUGGESTED COURSE SEQUENCE

### FRESHMAN YEAR

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

### SOPHOMORE YEAR

BIOL 215	3	THEO 201	2
BIOL 216	1	Information Literacy Elective <sup>1</sup>	3
RSCH 201	3	ATTR 330	3
EXSC 310	3	ATTR 331	1
PHED 225	1	CRST 290	3
Science Elective <sup>3</sup>	4	EXSC 321	1
CSER	0	Science Elective <sup>3</sup>	4
Total	15	CSER	0
		Total	17

### JUNIOR YEAR

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

### SENIOR YEAR

BIBL 110	2	THEO 202	2
ATTR 406	3	Communications Elective <sup>1</sup>	3
ATTR 425	3	Critical Thinking Elective <sup>1</sup>	3
EXSC 433	3	Cultural Studies Elective <sup>1</sup>	3
EXSC 461	3	EXSC 498 OR 499	4
EXSC 485 OR 486	1	CSER	0
CSER	0	Total	15
Total	15		

#### Notes

*All applicable prerequisites must be met*

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<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 the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202