

Important: This degree plan is effective for those starting this degree program in fall 2021 through summer 2022. 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
Communication & Information Literacy (13 hours)¹				
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)¹

UNIV 101	Foundational Skills	1	_____	_____
MATH _____	Math Elective (MATH 114 or higher)	3	_____	_____
_____	Technology Competency ²	0-3	_____	_____

Critical Thinking (8 hours)¹

RLGN 105	Intr Bwvw/Contemp Moral Issues ³	2	_____	_____
RSCH 201	Research 201	3	_____	_____
_____	Critical Thinking Elective	3	_____	_____

Civic & Global Engagement (5 hours)¹

EVAN 101	Evangelism & Christian Life ³	2	_____	_____
_____	Cultural Studies Elective	3	_____	_____

Social & Scientific Inquiry (6 hours)¹

_____	Natural Science Elective	3	_____	_____
_____	Social Science Elective	3	_____	_____

Christianity & Contexts (8 hours)¹

BIBL 105	Old Testament Survey	2	_____	_____
BIBL 110	New Testament Survey	2	_____	_____
THEO 201	Theology Survey I ³	2	_____	_____
THEO 202	Theology Survey II ³	2	_____	_____

Course		Hrs	Sem	Grade
Major Foundational Courses (4-8 hours)				
BIOL 213	Human Anatomy & Physiology I ^{4,5}	3	_____	_____
BIOL 214	Human Anatomy & Physiology I Lab ^{4,5}	1	_____	_____
BIOL 215	Human Anatomy & Physiology II ^{4,5}	3	_____	_____
BIOL 216	Human Anatomy & Physiology II Lab ^{4,5}	1	_____	_____

MAJOR

Core (27 hours)				
CRST 290	History of Life	3	_____	_____
EXSC 310	Physiology of Exercise	3	_____	_____
EXSC 311	Analysis of Human Movement	3	_____	_____
EXSC 320	Measurement & Eval. In Health & Kine.	3	_____	_____
HLTH 216	Personal Health	3	_____	_____
HLTH 330	Human Nutrition	3	_____	_____
PHED 101	Physical Fitness	1	_____	_____
PHED 208	Motor Learning	2	_____	_____
PHED 209	Motor Learning Lab	1	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____
PHED 335	Adapted Physical Activity	2	_____	_____
PHED 336	Adapted Physical Activity Lab	1	_____	_____
PHED _____	Physical Education Elective ⁶	1	_____	_____

Concentration (29 hours)				
HLTH 252	Drugs in Society	3	_____	_____
HLTH 402	The School Health Program ⁷	3	_____	_____
HLTH 440	Methods/Res in Teach App. Sci. in Sch. ⁸	2	_____	_____
PHED 189	PE Observations in Schools	1	_____	_____
PHED 200	Basketball/Soccer	1	_____	_____
PHED 201	Flag Football/Innovative Games ⁷	1	_____	_____
PHED 202	Racquet Sports ⁷	1	_____	_____
PHED 203	Tumbling & Rhythmic Activities	1	_____	_____
PHED 204	Softball/Volleyball	1	_____	_____
PHED 205	Innovative Games ⁸	1	_____	_____
PHED 207	History & Foundations of Physical Ed. ⁸	2	_____	_____
PHED 405	Admin./Org. of PE Ed. Exercise/Fitness ⁸	3	_____	_____
PHED 450	Elementary Physical Education Methods ⁷	3	_____	_____
PHED 451	Secondary Physical Education Methods ⁸	3	_____	_____
SMGT 300	Introduction to Coaching	3	_____	_____

FREE ELECTIVES (9-16 hours)⁹

Notes				
<i>All applicable prerequisites must be met</i>				
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 and EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 and THEO 202 waived				
⁴ Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened				
⁵ Minimum grade of "C" is required				
⁶ Choose from PHED 216-240				
⁷ Course offered in spring only				
⁸ Course offered in fall only				
⁹ Honors Program students must take HONR 395 in the fall of junior year				
<i>Suggested Course Sequence on second page</i>				

Additional Requirements	
First Aid/CPR Certification	Date Completed: _____
Swimming Proficiency	Date Completed: _____

Graduation Requirements	
120 Total Hours	
2.0 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	
25% Of major and concentration 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	

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

First Semester		Second Semester	
BIBL 105	2	BIBL 110	2
ENGL 101	3	BIOL 215	3
INQR 101	1	BIOL 216	1
UNIV 101	1	Communications Elective ¹	3
Math Elective ¹	3	Information Literacy Elective ¹	3
Natural Science Elective ¹ [BIOL 213/214]	3/1	HLTH 216	3
PHED 101	1	PHED 200	1
PHED 207 ²	2	CSER	0
CSER	0	Total	16
Total	17		

SOPHOMORE YEAR

RSCH 201	3	RLGN 105	2
THEO 201	2	THEO 202	2
Critical Thinking Elective ¹	3	PHED 208	2
Information Literacy Elective ¹	3	PHED 209	1
Social Science Elective ¹	3	PHED 225	1
Technology Competency ³	0-3	Elective	3
CSER	0	Elective	3
Total	14-17	CSER	0
		Total	14

JUNIOR YEAR

Cultural Studies Elective ¹	3	EXSC 310	3
HLTH 252	3	HLTH 330	3
PHED 189	1	HLTH 402 ⁴	3
PHED 203	1	PHED 201 ⁴	1
PHED 205 ²	1	PHED 202 ⁴	1
PHED 335	2	PHED 204	1
PHED 336	1	PHED 450 ⁴	3
Elective	3	CSER	0
CSER	0	Total	15
Total	15		

SENIOR YEAR

CRST 290	3	EVAN 101	2
HLTH 440 ²	2	EXSC 311	3
PHED 405 ²	3	EXSC 320	3
PHED 451 ²	3	SMGT 300	3
PHED Elective ⁵	1	Elective	3
Elective ⁶	3	CSER	0
CSER	0	Total	14
Total	15		

Notes

All applicable prerequisites must be met

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²Course offered in fall only

³All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information

⁴Course offered in spring only

⁵Choose from PHED 216-240

⁶Honors Program students must take HONR 395 in the fall of junior year