

CORE COURSES (15 hours)

	<u>Hrs</u>	<u>Sem</u>	<u>Grade</u>
EXSC 510 Advanced Exercise Physiology	3	_____	_____
EXSC 520 Statistical Analysis in Exercise Science	3	_____	_____
EXSC 525 Research Methods in Exercise Science	3	_____	_____
EXSC 660 Fitness Assessment & Programming	3	_____	_____
HLTH 640 Principles of Nutrition	3	_____	_____

FITNESS & PERFORMANCE CONCENTRATION (18 hours)

EXSC 540 Advanced Strength Development	3	_____	_____
EXSC 541 Advanced Speed & Agility	3	_____	_____
EXSC 542 Advanced Conditioning & Recovery	3	_____	_____
EXSC 550 Advanced Biomechanical Analysis	3	_____	_____
HLTH 645 Performance Nutrition for the Physically Active	3	_____	_____
	¹	_____	_____
	TOTAL HOURS	33	

Graduation Requirements

Complete 33 hours

A maximum of 50% of the program hours may be transferred if approved and allowable, including credit from an earned degree from Liberty University on the same academic level

3.0 GPA

No more than two grades of C may be applied to the degree (includes grades of C+ & C-)

No grade of D or below may be applied to the degree (includes grades of D+ & D-)

Liberty University coursework that is more than 10 years old may not be applied towards this degree. Students are required to repeat the course if it has exceeded the age limit.

Degree must be completed within 5 years

Submission of Graduation Application must be completed within the last semester of a student's anticipated graduation date

Notes

All applicable prerequisites must be met

¹Choose one course from the following: EXSC 505, 545, 633, 640, LIFC 501, 502, 601, SMGT 502 OR 633

Suggested Course Sequence on Second Page

SUGGESTED COURSE SEQUENCE

First Semester

EXSC 510	3
EXSC 520	3
EXSC 525	<u>3</u>
Total	9

Second Semester

EXSC 540	3
EXSC 550	3
HLTH 640	<u>3</u>
Total	9

Third Semester

EXSC 541	3
EXSC 542	3
HLTH 645	<u>3</u>
Total	9

Fourth Semester

EXSC 660	3
Elective ¹	<u>3</u>
Total	6

Notes

¹Choose one course from the following: EXSC 505, 545, 633, 640, LIFC 501, 502, 601, SMGT 502 OR 633