LIBERTY UNIVERSITY

Bachelor of Science in Exercise Science
Fitness Specialist Cognate
2018-2019 Degree Completion Plan

Important: This degree plan is effective for those starting this degree program in fall 2018 through summer 2019. 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/ CORE COMPETENCY REQUIREMENTS (44-47 hours)

Course		Hrs	Sem	Grade
Communication (6 hours)[1]				
ENGL 101	Composition & Rhetoric	3		
_____	Communications Elective	3		
Math, Science & Technology (7-10 hours)[1]				
MATH ____	Math Elective (MATH 114 or higher)	3		
_____	Natural Science Elective	3		
_____	Technology Competency[2]	0-3		
UNIV 101	University Core Competencies	1		
Information Literacy (7 hours)[1]				
INQR 101	Inquiry 101	1		
_____	Composition Elective	3		
_____	Information Literacy Elective	3		
Critical Thinking (12 hours)[1]				
RSCH 201	Research 201	3		
_____	Literature OR Philosophy Elective	3		
_____	Social Science Elective	3		
_____	Cultural Studies Elective	3		
Christian Life & Thought (12 hours)[1,3]				
BIBL 105	Old Testament Survey	2		
BIBL 110	New Testament Survey	2		
EVAN 101	Evangelism & Christian Life	2		
RLGN 105	Intr Bwvw/Contemp Moral Issues	2		
THEO 201	Theology Survey I	2		
THEO 202	Theology Survey II	2		

Course		Hrs	Sem	Grade
Major Foundational Courses (4-11 hours)[6]				
BIOL 213	Human Anatomy & Physiology I[7]	3		
BIOL 214	Human Anatomy & Physiology I Lab[7]	1		
BIOL 215	Human Anatomy & Physiology II[7]	3		
BIOL 216	Human Anatomy & Physiology II Lab[7]	1		
HLTH 216	Personal Health	3		
MAJOR				
	Core (37-38 hours)			
ATTR 205	Musculoskeletal Term. & Clinical Docu.	2		
CRST 290	History of Life	2-3		
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.			
or EXSC 486	Strength & Cond. Spec. Worksh. & Cert.	1		
HLTH 333	Exercise & Sports Nutrition	3		
PHED 225	Weight Training/Conditioning	1		
	Cognate (13 hours)			
EXSC 302	Exercise & Sports Injuries	2		
EXSC 311	Analysis of Human Movement	3		
EXSC 315	Group Exercise Instruction			
or EXSC 345	Applied Strength Training & Conditioning	2		
EXSC 499	Internship in Exercise Science	4		
PHED 101	Physical Fitness	1		
PHED ____	PHED Elective[8]	1		

FREE ELECTIVES (11-22 hours)

_____	_____	_		
_____	_____	_		

Additional Requirements

First Aid/CPR Certification — Date Completed: _____

ACSM Exercise Physiologist Exam[4]

or NSCA Strength & Conditioning Spec. Exam[5] — Date Completed: _____

Graduation Requirements

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 Graduation 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

Notes

All applicable prerequisites must be met

[1]Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in core competency 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 & EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 & THEO 202 waived

[4]Must be completed after all EXSC courses, but prior to EXSC 499; minimum score of 480

[5]Must be completed after all EXSC courses, but prior to EXSC 499; minimum overall score of 60% in both sections of the exam

[6]Major Foundational Courses can also fulfill General Education/Core Competency requirements as applicable

[7]Minimum grade of "C" is required

[8]Choose from PHED 216-240

Suggested Course Sequence on second page

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[1] [BIOL 213/214]	3/1
UNIV 101	1	Communications Elective[1]	3
Math Elective[1]	3	Composition Elective[1]	3
ATTR 205	2	Technology Competency[2]	0-3
EXSC 101	1	PHED 101	1
CSER	0	CSER	0
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[1] [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[3]	1	Elective	3
CSER	0	CSER	0
Total	16	Total	15

JUNIOR YEAR

Cultural Studies Elective[1]	3	EXSC 311	3
Social Science Elective[1]	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	0	CSER	0
Total	16	Total	16

SENIOR YEAR

THEO 201	2	THEO 202	2
CRST 290	2-3	Literature or Philosophy Elective[1]	3
EXSC 433	3	EXSC 499	4
EXSC 460	3	Elective	3
EXSC 461	3	Elective	3
EXSC 485 or 486	1	CSER	0
Elective	2	Total	15
CSER	0		
Total	16-17		

Notes
All applicable prerequisites must be met
[1]Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in core competency requirements
[2]All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information
[3]Choose from PHED 216-240