

**Important:** This degree plan is effective for those starting this degree program in fall 2019 through summer 2020. 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>**

UNIV 101	University Core Competencies	1	_____	_____
MATH _____	Math Elective (MATH 114 or higher)	3	_____	_____
_____	Technology Competency <sup>2</sup>	0-3	_____	_____

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

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>**

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

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

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

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

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**

<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. <sup>8</sup>	1	_____	_____
HLTH 333	Exercise & Sports Nutrition	3	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____

**Cognate (13 hours)**

EXSC 311	Analysis of Human Movement	3	_____	_____
EXSC 345	Applied Strength Training & Conditioning	2	_____	_____
EXSC 401	Seminar in Strength & Conditioning	1	_____	_____
EXSC 440	Programming & Periodization for Strength & Conditioning	3	_____	_____
EXSC 499	Internship in Exercise Science	4	_____	_____

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

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**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 skill 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>EXSC 486 is strongly recommended

*Suggested Course Sequence on second page*

**Additional Requirements**

First Aid/CPR Certification Date Completed: \_\_\_\_\_  
ACSM Exercise Physiologist Exam<sup>4</sup>  
or NSCA Strength & Conditioning Spec. Exam<sup>5</sup> 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 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	
ENGL 101	3	BIBL 105	2
EVAN 101	2	RLGN 105	2
INQR 101	1	Communications Elective <sup>1</sup>	3
UNIV 101	1	Information Literacy Elective <sup>1</sup>	3
Math Elective <sup>1</sup>	3	Natural Science Elective <sup>1</sup> [BIOL 213/214]	3/1
ATTR 205	2	Technology Competency <sup>2</sup>	0-3
EXSC 101	1	CSER	0
CSER	0		
	Total 13		Total 14-17

### SOPHOMORE YEAR

BIBL 110	2	THEO 202	2
RSCH 201	3	EXSC 320	3
THEO 201	2	EXSC 321	1
Information Literacy Elective <sup>1</sup> [HLTH 216]	3	HLTH 333	3
BIOL 215	3	PHED 225	1
BIOL 216	1	Elective	3
EXSC 310	3	Elective	3
CSER	0	CSER	0
	Total 17		Total 16

### JUNIOR YEAR

Social Science Elective <sup>1</sup>	3	Critical Thinking Elective <sup>1</sup>	3
EXSC 340	3	EXSC 311	3
EXSC 345	2	EXSC 410	3
EXSC 350	3	EXSC 411	1
EXSC 351	1	EXSC 440	3
Elective	3	Elective	3
CSER	0	CSER	0
	Total 15		Total 16

### SENIOR YEAR

CRST 290	3	Cultural Studies Elective <sup>1</sup>	3
EXSC 401	1	EXSC 499	4
EXSC 433	3	Elective	3
EXSC 460	3	Elective	3
EXSC 461	3	Elective	2
EXSC 485 <u>or</u> 486	1	CSER	0
CSER	0		
	Total 14		Total 15

#### Notes

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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