

Bachelor of Science in Exercise Science

Therapeutic Science Concentration

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)** Grade Course Sem Grade Communication (6 hours)¹ Major Foundational Courses (4-17 hours)⁶ ENGL 101 Composition & Rhetoric BIOL 213 Human Anatomy & Physiology I7 Communications Elective BIOL 214 Human Anatomy & Physiology I Lab⁷ BIOL 215 Human Anatomy & Physiology II7 Math, Science & Technology (7-10 hours)1 BIOL 216 Human Anatomy & Physiology II Lab⁷ Math Elective (MATH 114 or higher)² HLTH 216 Personal Health MATH Natural Science Elective **MATH 121** College Algebra Technology Competency³ PSYC 101 General Psychology **UNIV 101** University Core Competencies **MAJOR** Core (37-38 hours) Information Literacy (7 hours)¹ ATTR 205 Musculoskeletal Term. & Clinical Docu. **INOR 101** Inquiry 101 Composition Elective CRST 290 History of Life EXSC 101 Introduction to Exercise Science Information Literacy Elective **EXSC 310** Physiology of Exercise Critical Thinking (12 hours)¹ **EXSC 320** Measurement & Eval. in Health & Kine. RSCH 201 EXSC 321 Practicum Research 201 3 Literature OR Philosophy Elective 3 EXSC 340 Essentials of Strength Training & Cond. 3 **EXSC 350** Social Science Elective **Biomechanics** Cultural Studies Elective EXSC 351 Biomechanics Lab EXSC 410 Applied Exercise Physiology Christian Life & Thought (12 hours)1,4 EXSC 411 Applied Exercise Physiology Lab **EXSC 433** Exercise Prescription for Special Pop. **BIBL 105** Old Testament Survey **BIBL** 110 New Testament Survey EXSC 460 Exercise Testing, Eval., & Prescription 2 EXSC 461 **EVAN 101** Evangelism & Christian Life Exercise Leadership 2 Exercise Physiologist Workshop & Cert. **RLGN 105** Intr Bwvw/Contemp Moral Issues EXSC 485 **THEO 201** Theology Survey I or EXSC 486 Strength & Cond. Spec. Worksh. & Cert. **THEO 202** Theology Survey II **HLTH 333** Exercise & Sports Nutrition 3 PHED 225 Weight Training/Conditioning Concentration (41 hours) ATTR 330 Clinical Musculoskeletal Anatomy ATTR 331 Clinical Musculoskeletal Anatomy Lab **ATTR 335** Musculoskeletal Injury Assessment ATTR 336 Musculoskeletal Injury Assessment Lab ATTR 406 Theory of Therapeutic Rehabilitation **ATTR 425** Hlthcare Evidenced-Based Rsch Analysis EXSC 498 Senior Capstone Project⁸ or EXSC 499 Internship in Exercise Science MATH 201 Introduction to Probability & Statistics Science Elective9 Science Elective9 4 Science Elective9 4 Science Elective9

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

Graduation Requirements

126 Total Hours

2.5 Overall grade point average

31.5 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

31.5 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

Science Elective9

¹Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in core competency requirements

²All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information

³Students 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

⁴Must be completed after all EXSC courses, but prior to EXSC 499; minimum score of 480 ⁵Must be completed after all EXSC courses, but prior to EXSC 499; minimum overall score of 60% in both sections of the exam

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

Minimum grade of "C" is required

⁸Cumulative GPA of 3.5 and faculty approval required

⁹Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202 Suggested Course Sequence on second page

Revised: 03.30.2018 Effective: Catalog Term 2018-40

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 ¹ [MATH 121]	3	RLGN 105		2
Technology Competency ²	0-3	Natural Science Elective ¹ [BIOL 213 of	& 2141	3/1
ATTR 205	2	Social Science Elective [PSYC 101]		3
EXSC 101	1	CSER		0
Science Elective ³	4		Total	<u>-</u> 17
CSER	0			
Total	14-17			
	SOPHOMORE	YEAR		
BIOL 215	3	THEO 201		2
BIOL 216	1	Composition Elective ¹		3
RSCH 201	3	ATTR 330		3
EXSC 310	3	ATTR 331		1
PHED 225	1	CRST 290		2-3
Science Elective ³	4	EXSC 321		1
CSER	<u>0</u>	Science Elective ³		4
Total	15	CSER		0
			Total	16-17
JUNIOR YEAR				
Information Literacy Elective ¹ [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 ³	4	EXSC 460		3
CSER	<u>0</u>	Science Elective ³		4
Total	17	CSER		0
			Total	18
SENIOR YEAR				
BIBL 110	2	THEO 202		2
ATTR 406	3	Communications Elective ¹		3
ATTR 425	3	Cultural Studies Elective ¹		3
EXSC 433	3	Literature OR Philosophy Elective ¹		3
EXSC 461	3	EXSC 498 OR 499		4
EXSC 485 OR 486	1	CSER		0
CSER	<u>0</u>		Total	15
Total	15			

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 $^{^3 \}text{Choose}$ from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202