

**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 |
|--|-----|-------|-------|
| <b>Communication (6 hours)<sup>1</sup></b>                     |     |       |       |
| ENGL 101   | 3   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| <b>Math, Science &amp; Technology (7-10 hours)<sup>1</sup></b> |     |       |       |
| MATH _____   | 3   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| _____  | 0-3 | _____ | _____ |
| UNIV 101   | 1   | _____ | _____ |
| <b>Information Literacy (7 hours)<sup>1</sup></b>              |     |       |       |
| INQR 101   | 1   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| <b>Critical Thinking (12 hours)<sup>1</sup></b>                |     |       |       |
| RSCH 201   | 3   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| _____  | 3   | _____ | _____ |
| <b>Christian Life &amp; Thought (12 hours)<sup>1, 4</sup></b>  |     |       |       |
| BIBL 105   | 2   | _____ | _____ |
| BIBL 110   | 2   | _____ | _____ |
| EVAN 101   | 2   | _____ | _____ |
| RLGN 105   | 2   | _____ | _____ |
| THEO 201   | 2   | _____ | _____ |
| THEO 202   | 2   | _____ | _____ |

| Course   | Hrs | Sem   | Grade |
|--|-----|-------|-------|
| <b>Major Foundational Courses (4-17 hours)<sup>6</sup></b> |     |       |       |
| BIOL 213   | 3   | _____ | _____ |
| BIOL 214   | 1   | _____ | _____ |
| BIOL 215   | 3   | _____ | _____ |
| BIOL 216   | 1   | _____ | _____ |
| HLTH 216   | 3   | _____ | _____ |
| MATH 121   | 3   | _____ | _____ |
| PSYC 101   | 3   | _____ | _____ |

**MAJOR**

| Course                          | Hrs | Sem   | Grade |
|---------------------------------|-----|-------|-------|
| <b>Core (37-38 hours)</b>       |     |       |       |
| ATTR 205                        | 2   | _____ | _____ |
| CRST 290                        | 2-3 | _____ | _____ |
| EXSC 101                        | 1   | _____ | _____ |
| EXSC 310                        | 3   | _____ | _____ |
| EXSC 320                        | 3   | _____ | _____ |
| EXSC 321                        | 1   | _____ | _____ |
| EXSC 340                        | 3   | _____ | _____ |
| EXSC 350                        | 3   | _____ | _____ |
| EXSC 351                        | 1   | _____ | _____ |
| EXSC 410                        | 3   | _____ | _____ |
| EXSC 411                        | 1   | _____ | _____ |
| EXSC 433                        | 3   | _____ | _____ |
| EXSC 460                        | 3   | _____ | _____ |
| EXSC 461                        | 3   | _____ | _____ |
| EXSC 485                        | 3   | _____ | _____ |
| or EXSC 486                     | 1   | _____ | _____ |
| HLTH 333                        | 3   | _____ | _____ |
| PHED 225                        | 1   | _____ | _____ |
| <b>Concentration (41 hours)</b> |     |       |       |
| ATTR 330                        | 3   | _____ | _____ |
| ATTR 331                        | 1   | _____ | _____ |
| ATTR 335                        | 3   | _____ | _____ |
| ATTR 336                        | 1   | _____ | _____ |
| ATTR 406                        | 3   | _____ | _____ |
| ATTR 425                        | 3   | _____ | _____ |
| EXSC 498                        | 4   | _____ | _____ |
| or EXSC 499                     | 4   | _____ | _____ |
| MATH 201                        | 3   | _____ | _____ |
| _____                           | 4   | _____ | _____ |
| _____                           | 4   | _____ | _____ |
| _____                           | 4   | _____ | _____ |
| _____                           | 4   | _____ | _____ |
| _____                           | 4   | _____ | _____ |

|   |                       |
|---|-----------------------|
| <b>Additional Requirements</b>                          |                       |
| First Aid/CPR Certification                             | Date Completed: _____ |
| ACSM Exercise Physiologist Exam <sup>4</sup>            | Date Completed: _____ |
| or NSCA Strength & Conditioning Spec. Exam <sup>5</sup> | Date Completed: _____ |

|   |
|---|
| <b>Graduation Requirements</b>  |
| 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*

<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 core competency 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>Major Foundational Courses can also fulfill General Education/Core Competency requirements as applicable

<sup>7</sup>Minimum grade of "C" is required

<sup>8</sup>Cumulative GPA of 3.5 and faculty approval required

<sup>9</sup>Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202

*Suggested Course Sequence on second page*

## 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 <sup>1</sup> [MATH 121] | 3     | RLGN 105   | 2   |
| Technology Competency <sup>2</sup>    | 0-3   | Natural Science Elective <sup>1</sup> [BIOL 213 & 214] | 3/1 |
| ATTR 205                              | 2     | Social Science Elective <sup>1</sup> [PSYC 101]        | 3   |
| EXSC 101                              | 1     | CSER   | 0   |
| Science Elective <sup>3</sup>         | 4     | Total  | 17  |
| CSER                                  | 0     |  |     |
| Total                                 | 14-17 |  |     |

### SOPHOMORE YEAR

|                               |    |                                   |       |
|-------------------------------|----|-----------------------------------|-------|
| BIOL 215                      | 3  | THEO 201                          | 2     |
| BIOL 216                      | 1  | Composition Elective <sup>1</sup> | 3     |
| RSCH 201                      | 3  | ATTR 330                          | 3     |
| EXSC 310                      | 3  | ATTR 331                          | 1     |
| PHED 225                      | 1  | CRST 290                          | 2-3   |
| Science Elective <sup>3</sup> | 4  | EXSC 321                          | 1     |
| CSER                          | 0  | Science Elective <sup>3</sup>     | 4     |
| Total                         | 15 | CSER                              | 0     |
|                               |    | Total                             | 16-17 |

### JUNIOR YEAR

|   |    |                               |    |
|---|----|-------------------------------|----|
| Information Literacy Elective <sup>1</sup> [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 <sup>3</sup>                         | 4  | EXSC 460                      | 3  |
| CSER  | 0  | Science Elective <sup>3</sup> | 4  |
| Total   | 17 | CSER                          | 0  |
|   |    | Total                         | 18 |

### SENIOR YEAR

|                 |    |  |    |
|-----------------|----|--|----|
| BIBL 110        | 2  | THEO 202                                       | 2  |
| ATTR 406        | 3  | Communications Elective <sup>1</sup>           | 3  |
| ATTR 425        | 3  | Cultural Studies Elective <sup>1</sup>         | 3  |
| EXSC 433        | 3  | Literature OR Philosophy Elective <sup>1</sup> | 3  |
| EXSC 461        | 3  | EXSC 498 OR 499                                | 4  |
| EXSC 485 OR 486 | 1  | CSER   | 0  |
| CSER            | 0  | Total  | 15 |
| Total           | 15 |  |    |

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All applicable prerequisites must be met

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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

<sup>3</sup>Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202