

**CORE COURSES (17 hours)**

|          |   | <b><u>Hrs</u></b> | <b><u>Sem</u></b> | <b><u>Grade</u></b> |
|----------|---|-------------------|-------------------|---------------------|
| EXSC 510 | Advanced Exercise Physiology                    | 3                 | _____             | _____               |
| EXSC 511 | Advanced Exercise Physiology Lab                | 1                 | _____             | _____               |
| EXSC 520 | Statistical Analysis in Exercise Science        | 3                 | _____             | _____               |
| EXSC 525 | Research Methods in Exercise Science            | 3                 | _____             | _____               |
| EXSC 550 | Advanced Biomechanical Analysis                 | 3                 | _____             | _____               |
| EXSC 551 | Advanced Biomechanical Analysis Lab             | 1                 | _____             | _____               |
| HLTH 645 | Performance Nutrition for the Physically Active | 3                 | _____             | _____               |

**STRENGTH TRAINING & CONDITIONING COGNATE (12 hours)**

|          |                                  |   |       |       |
|----------|----------------------------------|---|-------|-------|
| EXSC 540 | Advanced Strength Development    | 3 | _____ | _____ |
| EXSC 541 | Advanced Speed & Agility         | 3 | _____ | _____ |
| EXSC 542 | Advanced Conditioning & Recovery | 3 | _____ | _____ |
| EXSC 545 | Motor Learning & Performance     | 3 | _____ | _____ |

**INTERNSHIP OR THESIS COURSES (6 hours)<sup>1</sup>**

|          |                                       |   |       |       |
|----------|---------------------------------------|---|-------|-------|
| EXSC 689 | Thesis Proposal & Design <sup>2</sup> | 3 | _____ | _____ |
| EXSC 690 | Thesis Defense                        | 3 | _____ | _____ |

**TOTAL HOURS 35**

**Graduation Requirements**

Complete 35 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 2 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 course work 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

**Note**

*All applicable prerequisites must be met*

<sup>1</sup>Students may take EXSC 699 instead of EXSC 689 and 690

<sup>2</sup>Any thesis student who is not ready for enrollment in EXSC 690 after completing EXSC 689 may be required, as determined by the student's thesis chair, to repeat EXSC 689 until deemed ready for enrollment in EXSC 690

*Suggested Course Sequence on Second Page*

### SUGGESTED COURSE SEQUENCE

#### First Semester

|                       |          |
|-----------------------|----------|
| EXSC 510              | 3        |
| EXSC 511 <sup>1</sup> | 1        |
| EXSC 520              | 3        |
| EXSC 525              | <u>3</u> |
| Total                 | 10       |

#### Second Semester

|                       |          |
|-----------------------|----------|
| EXSC 540              | 3        |
| EXSC 545              | 3        |
| EXSC 550              | 3        |
| EXSC 551 <sup>1</sup> | <u>1</u> |
| Total                 | 10       |

#### Third Semester

|                          |          |
|--------------------------|----------|
| EXSC 541                 | 3        |
| EXSC 542                 | 3        |
| EXSC 689 <sup>2, 3</sup> | <u>3</u> |
| Total                    | 9        |

#### Fourth Semester

|                          |          |
|--------------------------|----------|
| HLTH 645                 | 3        |
| EXSC 690 <sup>2, 3</sup> | <u>3</u> |
| Total                    | 6        |

#### **Notes**

<sup>1</sup>Course offered as an Intensive

<sup>2</sup>Students may take EXSC 699<sup>4</sup> instead of EXSC 689 and 690

<sup>3</sup>Any thesis student who is not ready for enrollment in EXSC 690 after completing EXSC 689 may be required, as determined by the student's thesis chair, to repeat EXSC 689 until deemed ready for enrollment in EXSC 690

<sup>4</sup>EXSC 699 is one 6 credit course that should be completed in the final semester