

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
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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 Bwww/Contemp Moral Issues	2	_____	_____
THEO 201	Theology Survey I	2	_____	_____
THEO 202	Theology Survey II	2	_____	_____

Additional Requirements

First Aid/CPR Certification	Date Completed: _____
Swimming Proficiency	Date Completed: _____

Graduation Requirements

120 Total Hours
 2.0 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 concentration 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

Course	Hrs	Sem	Grade
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Major Foundational Courses (4-8 hours)⁴

BIOL 213	Human Anatomy & Physiology I ⁵	3	_____	_____
BIOL 214	Human Anatomy & Physiology I Lab ⁵	1	_____	_____
BIOL 215	Human Anatomy & Physiology II ⁵	3	_____	_____
BIOL 216	Human Anatomy & Physiology II Lab ⁵	1	_____	_____

MAJOR

Course	Hrs	Sem	Grade	
<u>Core (26-27 hours)</u>				
CRST 290	History of Life	2-3	_____	_____
EXSC 310	Physiology of Exercise	3	_____	_____
EXSC 311	Analysis of Human Movement	3	_____	_____
EXSC 320	Measurement & Eval. In Health & Kine.	3	_____	_____
HLTH 216	Personal Health	3	_____	_____
HLTH 330	Human Nutrition	3	_____	_____
PHED 101	Physical Fitness	1	_____	_____
PHED 208	Motor Learning	2	_____	_____
PHED 209	Motor Learning Lab	1	_____	_____
PHED 225	Weight Training/Conditioning	1	_____	_____
PHED 335	Adapted Physical Activity	2	_____	_____
PHED 336	Adapted Physical Activity Lab	1	_____	_____
PHED _____	Physical Education Elective ⁶	1	_____	_____

Concentration (29 hours)

HLTH 252	Drugs in Society	3	_____	_____
HLTH 402	The School Health Program	3	_____	_____
HLTH 440	Methods/Res in Teach App. Sci. in Sch. ⁷	2	_____	_____
PHED 200	Basketball/Soccer	1	_____	_____
PHED 201	Track & Field/Flag Football ⁸	1	_____	_____
PHED 202	Racquet Sports ⁸	1	_____	_____
PHED 203	Tumbling & Rhythmic Activities	1	_____	_____
PHED 204	Softball/Volleyball	1	_____	_____
PHED 205	Innovative Games ⁷	1	_____	_____
PHED 207	History & Foundations of Physical Ed. ⁷	2	_____	_____
PHED 245	PE Observations in Schools	1	_____	_____
PHED 405	Admin./Org. of PE Ed. Exercise/Fitness ⁷	3	_____	_____
PHED 450	Elementary Physical Education Methods ⁸	3	_____	_____
PHED 451	Secondary Physical Education Methods ⁷	3	_____	_____
SMGT 300	Introduction to Coaching	3	_____	_____

FREE ELECTIVES (9-17 hours)⁹

Notes

All applicable prerequisites must be met

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 and EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 and THEO 202 waived

⁴Major Foundational Courses can also fulfill General Education/Core Competency requirements as applicable

⁵Minimum grade of "C" is required

⁶Choose from PHED 216-240

⁷Course offered in fall only

⁸Course offered in spring only

⁹Honors Program students must take HONR 395 in the fall of junior year

Suggested Course Sequence on second page

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

First Semester		Second Semester	
BIBL 110	2	BIBL 105	2
INQR 101	1	ENGL 101	3
RLGN 105	2	EVAN 101	2
THEO 202	2	Social Science Elective ¹	3
UNIV 101	1	HLTH 216	3
Math Elective ¹	3	PHED 200	1
PHED 101	1	Elective	3
PHED 207 ²	2	CSER	0
CSER	0		Total 17
	Total 14		

SOPHOMORE YEAR

RSCH 201	3	BIOL 215	3
THEO 201	2	BIOL 216	1
Composition Elective ¹	3	THEO 202	2
Literature or Philosophy Elective ¹	3	Communications Elective ¹	3
Natural Science Elective ¹ [BIOL 213/214]	3/1	Information Literacy Elective ¹	3
Technology Competency ³	0-3	PHED 208	2
CSER	0	PHED 209	1
	Total 15-18	PHED 225	1
		CSER	0
			Total 16

JUNIOR YEAR

Cultural Studies Elective ¹	3	EXSC 310	3
HLTH 252	3	HLTH 330	3
PHED 203	1	HLTH 402	3
PHED 205 ²	1	PHED 201 ⁴	1
PHED 245	1	PHED 202 ⁴	1
PHED 335	2	PHED 204	1
PHED 336	1	PHED 450 ⁴	3
Elective	3	CSER	0
CSER	0		Total 15
	Total 15		

SENIOR YEAR

CRST 290	2-3	EXSC 311	3
HLTH 440 ²	2	EXSC 320	3
PHED 405 ²	3	SMGT 300	3
PHED 451 ²	3	Elective	3
PHED Elective ⁵	1	Elective	2
Elective ⁶	3	CSER	0
CSER	0		Total 14
	Total 14-15		

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²Course offered in fall only

³All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information

⁴Course offered in spring only

⁵Choose from PHED 216-240

⁶Honors Program students must take HONR 395 in the fall of junior year