

**Important:** This degree plan is effective for those starting this degree program in fall 2022 through summer 2023. 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	Foundational Skills	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 Bwww/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	_____

#### 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
- 25% Of major and concentration 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

Course	Hrs	Sem	Grade
<b>Major Foundational Courses (4-8 hours)</b>			
BIOL 213	Human Anatomy & Physiology I <sup>4,5</sup>	3	_____
BIOL 214	Human Anatomy & Physiology I Lab <sup>4,5</sup>	1	_____
BIOL 215	Human Anatomy & Physiology II <sup>4,5</sup>	3	_____
BIOL 216	Human Anatomy & Physiology II Lab <sup>4,5</sup>	1	_____

#### MAJOR

Course	Hrs	Sem	Grade
<b>Core (27 hours)</b>			
CRST 290	History of Life	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 <sup>6</sup>	1	_____

Course	Hrs	Sem	Grade
<b>Concentration (29 hours)</b>			
HLTH 252	Drugs in Society	3	_____
HLTH 402	The School Health Program <sup>7</sup>	3	_____
HLTH 440	Methods/Res in Teach App. Sci. in Sch. <sup>8</sup>	2	_____
PHED 189	PE Observations in Schools	1	_____
PHED 200	Basketball/Soccer	1	_____
PHED 201	Flag Football/Innovative Games <sup>7</sup>	1	_____
PHED 202	Racquet Sports <sup>7</sup>	1	_____
PHED 203	Tumbling & Rhythmic Activities	1	_____
PHED 204	Softball/Volleyball	1	_____
PHED 205	Innovative Games <sup>8</sup>	1	_____
PHED 207	History & Foundations of Physical Ed. <sup>8</sup>	2	_____
PHED 405	Admin./Org. of PE Ed. Exercise/Fitness <sup>8</sup>	3	_____
PHED 450	Elementary Physical Education Methods <sup>7</sup>	3	_____
PHED 451	Secondary Physical Education Methods <sup>8</sup>	3	_____
SMGT 300	Introduction to Coaching	3	_____

#### FREE ELECTIVES (9-16 hours)<sup>9</sup>

Notes
All applicable prerequisites must be met
<sup>1</sup> Refer to the list of approved general education electives at <a href="http://www.liberty.edu/gened">www.liberty.edu/gened</a> before enrolling in foundational skills requirements
<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course; refer to <a href="http://www.liberty.edu/computerassessment">www.liberty.edu/computerassessment</a> for more information
<sup>3</sup> Students 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
<sup>4</sup> Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at <a href="http://www.liberty.edu/gened">www.liberty.edu/gened</a>
<sup>5</sup> Minimum grade of "C" is required
<sup>6</sup> Choose from PHED 216-240
<sup>7</sup> Course offered in spring only
<sup>8</sup> Course offered in fall only
<sup>9</sup> Honors Program students must take HONR 395 in the fall of junior year
<i>Suggested Course Sequence on second page</i>

## SUGGESTED COURSE SEQUENCE

### FRESHMAN YEAR

<u>First Semester</u>		<u>Second Semester</u>	
BIBL 105	2	BIBL 110	2
ENGL 101	3	BIOL 215	3
INQR 101	1	BIOL 216	1
UNIV 101	1	Communications Elective <sup>1</sup>	3
Math Elective <sup>1</sup>	3	Information Literacy Elective <sup>1</sup>	3
Natural Science Elective <sup>1</sup> [BIOL 213/214]	3/1	HLTH 216	3
PHED 101	1	PHED 200	1
PHED 207 <sup>2</sup>	2	CSER	<u>0</u>
CSER	0	Total	16
Total	17		

### SOPHOMORE YEAR

RSCH 201	3	RLGN 105	2
THEO 201	2	THEO 202	2
Critical Thinking Elective <sup>1</sup>	3	PHED 208	2
Information Literacy Elective <sup>1</sup>	3	PHED 209	1
Social Science Elective <sup>1</sup>	3	PHED 225	1
Technology Competency <sup>3</sup>	0-3	Elective	3
CSER	<u>0</u>	Elective	3
Total	14-17	CSER	0
		Total	14

### JUNIOR YEAR

Cultural Studies Elective <sup>1</sup>	3	EXSC 310	3
HLTH 252	3	HLTH 330	3
PHED 189	1	HLTH 402 <sup>4</sup>	3
PHED 203	1	PHED 201 <sup>4</sup>	1
PHED 205 <sup>2</sup>	1	PHED 202 <sup>4</sup>	1
PHED 335	2	PHED 204	1
PHED 336	1	PHED 450 <sup>4</sup>	3
Elective	3	CSER	<u>0</u>
CSER	0	Total	15
Total	15		

### SENIOR YEAR

CRST 290	3	EVAN 101	2
HLTH 440 <sup>2</sup>	2	EXSC 311	3
PHED 405 <sup>2</sup>	3	EXSC 320	3
PHED 451 <sup>2</sup>	3	SMGT 300	3
PHED Elective <sup>5</sup>	1	Elective	3
Elective <sup>6</sup>	3	CSER	0
CSER	<u>0</u>	Total	14
Total	15		

#### 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 skills requirements

<sup>2</sup>Course offered in fall only

<sup>3</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>4</sup>Course offered in spring only

<sup>5</sup>Choose from PHED 216-240

<sup>6</sup>Honors Program students must take HONR 395 in the fall of junior year