

Important: This minor plan is effective for those starting in the fall 2022 through summer 2023. This minor plan will remain in effect for students who do not break enrollment or who do not change minors.

| <u>REQUIRED COURSES (17 hours)</u> | | <u>Hrs</u> | <u>Sem</u> | <u>Grade</u> |
|---|---|-------------------|-------------------|---------------------|
| EXSC 310 | Physiology of Exercise ¹ | 3 | _____ | _____ |
| EXSC 340 | Essentials of Strength Training & Conditioning | 3 | _____ | _____ |
| EXSC 345 | Applied Strength Training & Conditioning | 2 | _____ | _____ |
| EXSC 401 | Seminar in Strength & Conditioning | 1 | _____ | _____ |
| EXSC 440 | Programming & Periodization for Strength & Conditioning | 3 | _____ | _____ |
| EXSC 486 | Strength & Conditioning Specialist Workshop & Certification | 1 | _____ | _____ |
| HLTH 333 | Exercise & Sports Nutrition | 3 | _____ | _____ |
| PHED 225 | Weight Training/Conditioning | 1 | _____ | _____ |
| TOTAL HOURS | | 17 | | |

Completion Requirements

17 total hours

25% of the minor must be taken through Liberty University

Minimum grade of 'C' required for all upper-level courses in the Minor

Notes

¹EXSC 310 prerequisites: BIOL 213, 214, 215, and 216. BIOL 215 and 216 may be taken concurrently with EXSC 310

All applicable prerequisites must be met