

Important: This degree plan is effective for those starting this degree program in fall 2023 through summer 2024. 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
Communication & Information Literacy (13 hours)¹			
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)¹

UNIV 101	Foundational Skills	1	_____
MATH _____	Math Elective (MATH 114 or higher)	3	_____
_____	Technology Competency ²	0-3	_____

Critical Thinking (8 hours)¹

RLGN 105	Intr Bwvw/Contemp Moral Issues ³	2	_____
RSCH 201	Research 201	3	_____
_____	Critical Thinking Elective	3	_____

Civic & Global Engagement (5 hours)¹

EVAN 101	Evangelism & Christian Life ³	2	_____
_____	Cultural Studies Elective	3	_____

Social & Scientific Inquiry (6 hours)¹

_____	Natural Science Elective	3	_____
_____	Social Science Elective	3	_____

Christianity & Contexts (8 hours)¹

BIBL 105	Old Testament Survey	2	_____
BIBL 110	New Testament Survey	2	_____
THEO 201	Theology Survey I ³	2	_____
THEO 202	Theology Survey II ³	2	_____

Course	Hrs	Sem	Grade
Major Foundational Courses (4-11 hours)			
BIOL 213	Human Anatomy & Physiology I ^{6,7}	3	_____
BIOL 214	Human Anatomy & Physiology I Lab ^{6,7}	1	_____
BIOL 215	Human Anatomy & Physiology II ^{6,7}	3	_____
BIOL 216	Human Anatomy & Physiology II Lab ^{6,7}	1	_____
HLTH 216	Personal Health ⁶	3	_____

MAJOR

Course	Hrs	Sem	Grade
Core (38 hours)			
ATTR 205	Musculoskeletal Term. & Clinical Docu.	2	_____
CRST 290	History of Life	3	_____
EXSC 101	Introduction to Exercise Science	1	_____
EXSC 310	Physiology of Exercise	3	_____
EXSC 320	Measurement & Eval. in Health & Kine.	3	_____
EXSC 321	Practicum	1	_____
EXSC 340	Essentials of Strength Training & Cond.	3	_____
EXSC 350	Biomechanics	3	_____
EXSC 351	Biomechanics Lab	1	_____
EXSC 410	Applied Exercise Physiology	3	_____
EXSC 411	Applied Exercise Physiology Lab	1	_____
EXSC 433	Exercise Prescript. for Special Populations	3	_____
EXSC 460	Exercise Testing, Eval. & Prescription	3	_____
EXSC 461	Exercise Leadership	3	_____
EXSC 485	Exercise Physiologist Workshop & Cert.	1	_____
or EXSC 486	Strength & Cond. Spec. Workshop & Cert ⁸	1	_____
HLTH 333	Exercise & Sports Nutrition	3	_____
PHED 225	Weight Training/Conditioning	1	_____

Cognate (13 hours)

EXSC 311	Analysis of Human Movement	3	_____
EXSC 345	Applied Strength Training & Conditioning	2	_____
EXSC 401	Seminar in Strength & Conditioning	1	_____
EXSC 440	Programming & Periodization for Strength & Conditioning	3	_____
EXSC 499	Internship in Exercise Science	4	_____

FREE ELECTIVES (11-21 hours)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Notes

All applicable prerequisites must be met
¹Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in foundational skills 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 & EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 & THEO 202 waived
⁴Must be completed prior to EXSC 499; minimum score of 480
⁵Must be completed prior to EXSC 499; minimum overall score of 60% in both sections of the exam
⁶Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened
⁷Minimum grade of "C" is required
⁸EXSC 486 is strongly recommended
Suggested Course Sequence on second page

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

Graduation Requirements	
120 Total Hours	
2.5 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 cognate 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	

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

First Semester		Second Semester	
ENGL 101	3	BIBL 105	2
EVAN 101	2	RLGN 105	2
INQR 101	1	Communications Elective ¹	3
UNIV 101	1	Information Literacy Elective ¹	3
Math Elective ¹	3	Natural Science Elective ¹ [BIOL 213/214]	3/1
ATTR 205	2	Technology Competency ²	0-3
EXSC 101	1	CSER	0
CSER	0		Total 14-17
Total	13		

SOPHOMORE YEAR

BIBL 110	2	THEO 202	2
RSCH 201	3	EXSC 320	3
THEO 201	2	EXSC 321	1
Information Literacy Elective ¹ [HLTH 216]	3	HLTH 333	3
BIOL 215	3	PHED 225	1
BIOL 216	1	Elective	3
EXSC 310	3	Elective	3
CSER	0	CSER	0
Total	17	Total	16

JUNIOR YEAR

Social Science Elective ¹	3	Critical Thinking Elective ¹	3
EXSC 340	3	EXSC 311	3
EXSC 345	2	EXSC 410	3
EXSC 350	3	EXSC 411	1
EXSC 351	1	EXSC 440	3
Elective	3	Elective	3
CSER	0	CSER	0
Total	15	Total	16

SENIOR YEAR

CRST 290	3	Cultural Studies Elective ¹	3
EXSC 401	1	EXSC 499	4
EXSC 433	3	Elective	3
EXSC 460	3	Elective	3
EXSC 461	3	Elective	2
EXSC 485 <u>or</u> 486	1	CSER	0
CSER	0		Total 15
Total	14		

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