

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 (4-17 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	_____
MATH 121	College Algebra ⁶	3	_____
PSYC 101	General Psychology 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 Prescription for Special Pop.	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	1	_____
HLTH 333	Exercise & Sports Nutrition	3	_____
PHED 225	Weight Training/Conditioning	1	_____

Course	Hrs	Sem	Grade
Concentration (41 hours)			
ATTR 330	Clinical Musculoskeletal Anatomy	3	_____
ATTR 331	Clinical Musculoskeletal Anatomy Lab	1	_____
ATTR 335	Musculoskeletal Injury Assessment	3	_____
ATTR 336	Musculoskeletal Injury Assessment Lab	1	_____
ATTR 406	Corrective Exer. & Rehabilitation Theory	3	_____
ATTR 425	Hlthcare Evidenced-Based Rsch Analysis	3	_____
EXSC 498	Senior Capstone Project ⁸	4	_____
or EXSC 499	Internship in Exercise Science	4	_____
MATH 201	Introduction to Probability & Statistics	3	_____
_____	Science Elective ⁹	4	_____
_____	Science Elective ⁹	4	_____
_____	Science Elective ⁹	4	_____
_____	Science Elective ⁹	4	_____
_____	Science Elective ⁹	4	_____

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
⁸Cumulative GPA of 3.5 and faculty approval required
⁹Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202
 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	
127 Total Hours	
2.5 Overall grade point average	
31.75 Hours must be upper-level courses (300-400 level)	
Grade of 'C' Minimum required for all courses in the major	
50% Of major and cognate taken through Liberty University	
31.75 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	
EVAN 101	2	BIBL 105	2
INQR 101	1	ENGL 101	3
UNIV 101	1	MATH 201	3
Math Elective ¹ [MATH 121]	3	RLGN 105	2
Technology Competency ²	0-3	Natural Science Elective ¹ [BIOL 213 & 214]	3/1
ATTR 205	2	Social Science Elective ¹ [PSYC 101]	3
EXSC 101	1	CSER	0
Science Elective ³	4	Total	17
CSER	0		
Total	14-17		

SOPHOMORE YEAR

BIBL 110	2	THEO 201	2
BIOL 215	3	Information Literacy Elective ¹	3
BIOL 216	1	ATTR 330	3
RSCH 201	3	ATTR 331	1
EXSC 310	3	CRST 290	3
PHED 225	1	EXSC 321	1
CSER	0	Science Elective ³	4
Total	13	CSER	0
		Total	17

JUNIOR YEAR

Information Literacy Elective ¹ [HLTH 216]	3	ATTR 335	3
EXSC 320	3	ATTR 336	1
EXSC 350	3	EXSC 340	3
EXSC 351	1	EXSC 410	3
HLTH 333	3	EXSC 411	1
Science Elective ³	4	EXSC 460	3
CSER	0	Science Elective ³	4
Total	17	CSER	0
		Total	18

SENIOR YEAR

ATTR 406	3	THEO 202	2
ATTR 425	3	Communications Elective ¹	3
EXSC 433	3	Critical Thinking Elective ¹	3
EXSC 461	3	Cultural Studies Elective ¹	3
EXSC 485 OR 486	1	EXSC 498 OR 499	4
Science Elective ³	4	CSER	0
CSER	0	Total	15
Total	17		

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³Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202