

GENERAL EDUCATION/

### **Bachelor of Science in Exercise Science**

Therapeutic Science Concentration

2023-2024 Degree Completion Plan

Grade

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.

Course

BIOL 213

Major Foundational Courses (4-17 hours)

Human Anatomy & Physiology I<sup>6,7</sup>

# FOUNDATIONAL SKILLS REQUIREMENTS (44-47 hours) Grade Communication & Information Literacy (13 hours)<sup>1</sup> ENGL 101 Composition & Rhetoric **INQR 101** Inquiry 101 Communications Elective 3 Information Literacy Elective

	Information Literacy Elective	3 _	
Technologic	al Solutions & Quantitative Reasoning	(4-7 hour	$(s)^1$
UNIV 101	Foundational Skills	1 _	
MATH	Math Elective (MATH 114 or higher)	3	
	Technology Competency <sup>2</sup>	0-3	
Critical Thin	nking (8 hours) <sup>1</sup>		
RLGN 105	Intr Bwvw/Contemp Moral Issues <sup>3</sup>	2	
RSCH 201	Research 201	3	
	Critical Thinking Elective	3	
Civic & Glo	bal Engagement (5 hours) <sup>1</sup>		
EVAN 101	Evangelism & Christian Life <sup>3</sup>	2	
	Cultural Studies Elective	3 _	
Social & Sci	entific 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	

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           Core (38 hours)           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 341         Fracticum         1           EXSC 350         Biomechanics         3           EXSC 350         Biomechanics Lab         1           EXSC 410         Applied Exercise Physiology         3           EXSC 431         Exercise Prescription for Special Pop.         3           EXSC 460         Exercise Testing, Eval., & Prescription         3           EXSC 485         Exercise Physiologist Workshop & Cert.           or EXSC 486         Strength & Cond. Spec. Workshop & Cert.           or EXSC 4	BIOL 213	numan Anatomy & Filystology 1	3	 
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HLTH 216 Personal Health <sup>6</sup> 3 MATH 121 College Algebra <sup>6</sup> 3 PSYC 101 General Psychology <sup>6</sup> 3  MAJOR  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 EXSC 340 Essentials of Strength Training & Cond. 3 EXSC 350 Biomechanics Lab 1 EXSC 351 Biomechanics Lab 1 EXSC 351 Applied Exercise Physiology 3 EXSC 410 Applied Exercise Physiology Lab 1 EXSC 433 Exercise Prescription for Special Pop. 3 EXSC 460 Exercise Testing, Eval., & Prescription 3 EXSC 461 Exercise Physiologist Workshop & Cert. or EXSC 485 Exercise Physiologist Workshop & Cert. or EXSC 486 Strength & Cond. Spec. Workshop & Cert 1 HLTH 333 Exercise & Sports Nutrition 3 PHED 225 Weight Training/Conditioning 1  Concentration (41 hours) ATTR 330 Alian Musculoskeletal Anatomy ATTR 331 Clinical Musculoskeletal Anatomy Lab ATTR 335 Musculoskeletal Injury Assessment Lab ATTR 336 Musculoskeletal Injury Assessment Lab ATTR 336 Musculoskeletal Injury Assessment Lab ATTR 336 Musculoskeletal Injury Assessment Lab ATTR 425 Hlthcare Evidenced-Based Rsch Analysis 3 EXSC 498 Senior Capstone Project Socience Elective Socience E	BIOL 216	Human Anatomy & Physiology II Lab <sup>6,7</sup>	1	
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ATTR 335 Musculoskeletal Injury Assessment 3 ATTR 336 Musculoskeletal Injury Assessment Lab 1 ATTR 406 Corrective Exer. & Rehabilitation Theory 3 ATTR 425 HIthcare Evidenced-Based Rsch Analysis 3 EXSC 498 Senior Capstone Project <sup>8</sup> or EXSC 499 Internship in Exercise Science 4 MATH 201 Introduction to Probability & Statistics 3 Science Elective <sup>9</sup> 4	ATTR 331	Clinical Musculoskeletal Anatomy Lab	1	 
ATTR 336 Musculoskeletal Injury Assessment Lab 1 ATTR 406 Corrective Exer. & Rehabilitation Theory 3 ATTR 425 HIthcare Evidenced-Based Rsch Analysis 3 EXSC 498 Senior Capstone Project <sup>8</sup> or EXSC 499 Internship in Exercise Science 4 MATH 201 Introduction to Probability & Statistics 3 Science Elective <sup>9</sup> 4	ATTR 335	Musculoskeletal Injury Assessment	3	
ATTR 406 Corrective Exer. & Rehabilitation Theory 3 ATTR 425 HIthcare Evidenced-Based Rsch Analysis 3 EXSC 498 Senior Capstone Project*  Or EXSC 499 Internship in Exercise Science 4 MATH 201 Introduction to Probability & Statistics 3 Science Elective* Science Elective* 4 Science Elective* 5 Science Elective* 4 Science Elective* 5 Science Elective* 6 Science Elective* 7 Science Elective* 7 Science Elective* 8 Science Elective* 9 Science Elective*	ATTR 336	Musculoskeletal Injury Assessment Lab	1	
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or EXSC 499 Internship in Exercise Science 4  MATH 201 Introduction to Probability & Statistics 3  Science Elective9 4	EXSC 498	Senior Capstone Project <sup>8</sup>		
MATH 201 Introduction to Probability & Statistics 3 Science Elective9 4	or EXSC 499	Internship in Exercise Science	4	
Science Elective 4	MATH 201		3	 
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Science Elective <sup>9</sup> 4 Science Elective <sup>9</sup> 4				 
Science Elective <sup>9</sup> 4				 
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	Notes			

### **Additional Requirements** First Aid/CPR Certification Date Completed: ACSM Exercise Physiologist Exam4 or NSCA Strength & Conditioning Spec. Exam<sup>5</sup> 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

Revised: 02.16.2023

All applicable prerequisites must be met

<sup>1</sup>Refer to the list of approved general education electives at <a href="www.liberty.edu/gened">www.liberty.edu/gened</a>

before enrolling in foundational skills requirements

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

Students 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

Must be completed prior to EXSC 499; minimum score of 480

Must be completed prior to EXSC 499; minimum overall score of 60% in both sections of

Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened

<sup>7</sup>Minimum grade of "C" is required

<sup>8</sup>Cumulative GPA of 3.5 and faculty approval required

<sup>9</sup>Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202 Suggested Course Sequence on second page

Effective: Catalog Term 2023-40

## 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 <sup>1</sup> [MATH 121]	3	RLGN 105	2							
Technology Competency <sup>2</sup>	0-3	Natural Science Elective <sup>1</sup> [BIOL 213 & 214]	3/1							
ATTR 205	2	Social Science Elective [BISE 213 & 214]	3							
EXSC 101	1	CSER	0							
Science Elective <sup>3</sup>	4	Total	<u>∪</u> 17							
CSER	0	Total	1,							
	al 14-17									
SOPHOMORE YEAR										
BIBL 110	2	THEO 201	2							
BIOL 215	3	Information Literacy Elective <sup>1</sup>	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 <sup>3</sup>	4							
Tota		CSER	0							
		Total	17							
JUNIOR YEAR										
Information Literacy Elective <sup>1</sup> [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 <sup>3</sup>	4	EXSC 460	3							
CSER	0	Science Elective <sup>3</sup>	4							
Tota	al $\frac{1}{7}$	CSER	0							
		Total	18							
SENIOR YEAR										
ATTR 406	3	THEO 202	2							
ATTR 425	3	Communications Elective <sup>1</sup>	3							
EXSC 433	3	Critical Thinking Elective <sup>1</sup>	3							
EXSC 461	3	Cultural Studies Elective <sup>1</sup>	3							
EXSC 485 OR 486	1	EXSC 498 OR 499	4							
Science Elective <sup>3</sup>	4	CSER	0							
CSER	<u>0</u>	Total	15							
Tota	al $\overline{17}$									

### Notes

Revised: 02.16.2023 Effective: Catalog Term 2023-40

All applicable prerequisites must be met

Refer to the list of approved general education electives at <a href="https://www.liberty.edu/gened">www.liberty.edu/gened</a> before enrolling in foundational skills requirements

<sup>&</sup>lt;sup>2</sup>All students must pass the Computer Assessment OR complete applicable INFT course; refer to <a href="www.liberty.edu/computerassessment">www.liberty.edu/computerassessment</a> for more information

<sup>&</sup>lt;sup>3</sup>Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202