

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 Bwww/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 | _____ |

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 |
|---|--|-----|-------|
| Major Foundational Courses (4-8 hours) | | | |
| BIOL 213 | Human Anatomy & Physiology I ^{4,5} | 3 | _____ |
| BIOL 214 | Human Anatomy & Physiology I Lab ^{4,5} | 1 | _____ |
| BIOL 215 | Human Anatomy & Physiology II ^{4,5} | 3 | _____ |
| BIOL 216 | Human Anatomy & Physiology II Lab ^{4,5} | 1 | _____ |

MAJOR

| Course | Hrs | Sem | Grade |
|------------------------|--|-----|-------|
| Core (27 hours) | | | |
| 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 ⁶ | 1 | _____ |

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

FREE ELECTIVES (9-16 hours)⁹

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 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
⁴Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened
⁵Minimum grade of "C" is required
⁶Choose from PHED 216-240
⁷Course offered in spring only
⁸Course offered in fall only
⁹Honors Program students must take HONR 395 in the fall of junior year
 Suggested Course Sequence on second page

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 ¹ | 3 |
| Math Elective ¹ | 3 | Information Literacy Elective ¹ | 3 |
| Natural Science Elective ¹ [BIOL 213/214] | 3/1 | HLTH 216 | 3 |
| PHED 101 | 1 | PHED 200 | 1 |
| PHED 207 ² | 2 | CSER | 0 |
| CSER | 0 | | Total 16 |
| | Total 17 | | |

SOPHOMORE YEAR

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

JUNIOR YEAR

| | | | |
|--|----------|-----------------------|----------|
| Cultural Studies Elective ¹ | 3 | EXSC 310 | 3 |
| HLTH 252 | 3 | HLTH 330 | 3 |
| PHED 189 | 1 | HLTH 402 ⁴ | 3 |
| PHED 203 | 1 | PHED 201 ⁴ | 1 |
| PHED 205 ² | 1 | PHED 202 ⁴ | 1 |
| PHED 335 | 2 | PHED 204 | 1 |
| PHED 336 | 1 | PHED 450 ⁴ | 3 |
| Elective | 3 | CSER | 0 |
| CSER | 0 | | Total 15 |
| | Total 15 | | |

SENIOR YEAR

| | | | |
|----------------------------|----------|----------|----------|
| CRST 290 | 3 | EVAN 101 | 2 |
| HLTH 440 ² | 2 | EXSC 311 | 3 |
| PHED 405 ² | 3 | EXSC 320 | 3 |
| PHED 451 ² | 3 | SMGT 300 | 3 |
| PHED Elective ⁵ | 1 | Elective | 3 |
| Elective ⁶ | 3 | CSER | 0 |
| CSER | 0 | | Total 14 |
| | Total 15 | | |

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

²Course offered in fall only

³All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information

⁴Course offered in spring only

⁵Choose from PHED 216-240

⁶Honors Program students must take HONR 395 in the fall of junior year