

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 (7-14 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	_____
CRST 290	History of Life ⁴	3	_____
PSYC 101	General Psychology ⁴	3	_____

MAJOR

Core (52-53 hours)

ATTR 205	Musculoskeletal Term. & Clinical Docu.	2	_____
EXSC 101	Introduction to Exercise Science	1	_____
EXSC 310	Physiology of Exercise	3	_____
EXSC 311	Analysis of Human Movement	3	_____
EXSC 320	Measurement & Eval. in Health & Kine.	3	_____
EXSC 333	Ergogenic Aids in Sport	3	_____
EXSC 340	Essentials of Strength Training & Cond.	3	_____
EXSC 345	Applied Strength Training & Conditioning	2	_____
EXSC 350	Biomechanics	3	_____
EXSC 351	Biomechanics Lab	1	_____
EXSC 401	Seminar in Strength & Conditioning	1	_____
EXSC 410	Applied Exercise Physiology	3	_____
EXSC 411	Applied Exercise Physiology Lab	1	_____
EXSC 440	Prog. & Periodization for Strength & Cond.	3	_____
EXSC 461	Exercise Leadership	3	_____
PHED 225	Weight Training/Conditioning	1	_____
STRG 298	Practicum I	3	_____
STRG 325	Advanced Strength Training	2	_____
STRG 335	Speed, Agility, & Quickness	2	_____
STRG 398	Practicum II	2	_____
STRG 480	Essentials of Sports Science	3	_____
STRG 499	Strength & Conditioning Field Experience ⁶	4-5	_____

Cognate (10 hours)

PHED 208	Motor Learning	2	_____
PHED 209	Motor Learning Lab	1	_____
SMGT 300	Introduction to Coaching	3	_____
SMGT 400	Sport & Exercise Psychology	3	_____
		7	_____
		1	_____

FREE ELECTIVES (0-7 hours)⁸

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

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

⁶All other Major Core courses must be completed prior to enrollment in STRG 499

⁷Choose one of the following courses: EXSC 486, PHED 101-221, or PHED 228-237

⁸EXSC 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers

Suggested Course Sequence on second page

Additional Requirements	
First Aid/CPR Certification	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 major and major foundational courses	
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	
BIBL 105	2	BIBL 110	2
ENGL 101	3	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
Social Science Elective ¹ [PSYC 101]	3	Technology Competency ²	0-3
ATTR 205	2	CSER	0
EXSC 101	1	Total	14-17
CSER	0		
Total	16		

SOPHOMORE YEAR

THEO 201	2	Critical Thinking Elective ¹	3
RSCH 201	3	EXSC 311	3
Information Literacy Elective ¹	3	EXSC 320	3
BIOL 215	3	PHED 208	2
BIOL 216	1	PHED 209	1
EXSC 310	3	STRG 298	3
PHED 225	1	STRG 325	2
CSER	0	CSER	0
Total	16	Total	17

JUNIOR YEAR

EXSC 340	3	CRST 290	3
EXSC 350	3	EXSC 333	3
EXSC 351	1	EXSC 345	2
SMGT 300	3	EXSC 410	3
STRG 335	2	EXSC 411	1
STRG 398	2	EXSC 461	3
CSER	0	CSER	0
Total	14	Total	15

SENIOR YEAR

EXSC 401	1	EVAN 101	2
EXSC 440	3	THEO 202	2
SMGT 400	3	Cultural Studies Elective ¹	3
STRG 480	3	STRG 499	4-5
Cognate Elective ³	1	Elective	3
Elective ⁴	3	CSER	0
CSER	0	Total	14-15
Total	14		

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