LIBERTY UNIVERSITY

Bachelor of Science in Strength and Conditioning
2023-2024 Degree Completion Plan

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		

FREE ELECTIVES (6-17 hours)[7]

_____	_____	_		
_____	_____	_		
_____	_____	_		
_____	_____	_		

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

Notes

All applicable prerequisites must be met

[1] Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in foundational skills requirements

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

[3] 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

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

[5] Minimum grade of "C" is required

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

[7] EXSC 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

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	STRG 298	3
BIOL 216	1	STRG 325	2
EXSC 310	3	Elective	3
PHED 225	1	CSER	0
CSER	0	Total	17
Total	16		

JUNIOR YEAR

EXSC 340	3	CRST 290	3
EXSC 350	3	EXSC 333	3
EXSC 351	1	EXSC 345	2
STRG 335	2	EXSC 410	3
STRG 398	2	EXSC 411	1
Elective	3	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
STRG 480	3	Cultural Studies Elective[1]	3
Elective[3]	3	STRG 499	4-5
Elective	3	Elective	3
CSER	0	Elective	1
Total	13	CSER	0
		Total	15-16

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