

# EXERCISE SCIENCE (B.S.) - THERAPEUTIC SCIENCE & ATHLETIC TRAINING (M.S.)

**Important:** This degree plan is effective for those starting this degree program in fall 2025 through summer 2026. 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

Code	Title	Hours
<b>Communication &amp; Information Literacy</b> <sup>1</sup>		
ENGL 101	Composition and Rhetoric	3
	Communications Elective	3
	Information Literacy Elective	3
	Information Literacy Elective	3
<b>Technological Solutions &amp; Quantitative Reasoning</b> <sup>1</sup>		
UNIV 101	Foundational Skills	1
	Math Elective MATH 114 or higher	3
	Technology Competency <sup>2</sup>	0-3
<b>Critical Thinking</b> <sup>1</sup>		
RLGN 105	Introduction to Biblical Worldview <sup>3</sup>	2
	Critical Thinking Elective	3
<b>Civic &amp; Global Engagement</b> <sup>1</sup>		
EVAN 101	Evangelism and the Christian Life <sup>3</sup>	2
	Cultural Studies Elective	3
<b>Social &amp; Scientific Inquiry</b> <sup>1</sup>		
	Natural Science Elective	3
	Social Science Elective	3
<b>Christianity &amp; Contexts</b> <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
<b>Total Hours</b>		<b>40-43</b>

<sup>1</sup> Refer to the list of approved general education electives before enrolling in foundational skill requirements

<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course

<sup>3</sup> Students 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

## Major Requirements

Code	Title	Hours
<b>Major Foundational Courses</b>		
BIOL 213	Human Anatomy and Physiology I <sup>1,2</sup>	3
BIOL 214	Human Anatomy and Physiology I Lab <sup>1,2</sup>	1

Code	Title	Hours
BIOL 215	Human Anatomy and Physiology II <sup>1,2</sup>	3
BIOL 216	Human Anatomy and Physiology II Lab <sup>1,2</sup>	1
HLTH 216	Personal Health <sup>1</sup>	3
MATH 121	College Algebra <sup>1</sup>	3
PSYC 101	General Psychology <sup>1</sup>	3
<b>Total Hours</b>		<b>17</b>

<sup>1</sup> Course may fulfill select general education requirements

<sup>2</sup> Minimum grade of "C" required

Code	Title	Hours
<b>BS in Exercise Science: Therapeutic Science Major</b>		
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
CRST 290	History of Life	3
EXSC 101	Introduction to Exercise Science	1
EXSC 310	Physiology of Exercise	3
EXSC 320	Research and Statistics in Exercise Science	3
EXSC 321	Practicum	1
EXSC 333	Ergogenic Aids in Sport	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 Populations	3
EXSC 460	Exercise Testing, Evaluation, and Prescription	3
EXSC 461	Exercise Leadership	3
EXSC 485	Exercise Physiologist Workshop and Certification	1
PHED 225	Weight Training/Conditioning	1
STRG 340	Essentials of Strength Training and Conditioning	3
<b>Total Hours</b>		<b>38</b>

Code	Title	Hours
<b>Therapeutic Science Concentration</b>		
ATTR 330	Clinical Musculoskeletal Anatomy	3
ATTR 331	Clinical Musculoskeletal Anatomy Lab	1
ATTR 335	Musculoskeletal Injury Assessment	3
ATTR 336	Musculoskeletal Injury Assessment Laboratory	1
ATTR 406	Corrective Exercises and Rehabilitation Theory	3
ATTR 425	Allied Healthcare Evidence-based Research Analysis	3
BIOL 224	General Biology I	4
CHEM 121	General Chemistry I	4
MATH 201	Introduction to Probability and Statistics	3
PHYS 201	General Physics I	4
<b>Athletic Training Courses</b>		
ATTR 500	Bracing, Taping, and Wrapping	2
ATTR 501	Foundations of Athletic Training	3
ATTR 503	Emergency Care	3
BIOM 513	Human Gross Anatomy	5
<b>Total Hours</b>		<b>42</b>

All applicable prerequisites must be met

## Additional Requirements

- BLS Provider-Healthcare Provider AED\CPR certification
- ACSM Exercise Physiologist Exam
- First Aid Certification

Code	Title	Hours
<b>MS in Athletic Training Courses</b>		
ATTR 505	Healthcare Translational Research and Statistics	3
ATTR 510	Clinical Integrations I <sup>1</sup>	1
ATTR 511	Clinical Integration II <sup>1</sup>	1
ATTR 520	Examination and Treatment I	5
ATTR 525	Examination and Treatment II	5
ATTR 530	Examination and Treatment III	6
ATTR 540	Examination and Treatment IV	4
ATTR 541	Pharmacology	2
ATTR 600	Healthcare Administration	2
ATTR 601	Healthcare Leadership and Patient Interactions	2
ATTR 610	Clinical Integration III <sup>1</sup>	2
ATTR 611	Clinical Integration IV	3
ATTR 612	Clinical Integrations V	2
ATTR 620	Manual Therapy Techniques	3
ATTR 625	Musculoskeletal Diagnostic Imaging	2
ATTR 630	Behavioral and Population Health	3
Choose one of the following: <sup>2</sup>		3-6
<i>Option 1:</i>		
ATTR 680	Clinical Reasoning	
<i>Option 2:</i>		
ATTR 689	Thesis Proposal <sup>3</sup>	
ATTR 690	Thesis Defense <sup>3</sup>	
<b>Total Hours</b>		<b>49-52</b>

<sup>1</sup> ATTR 510, ATTR 511 and ATTR 610 would satisfy the requirements of EXSC 499

<sup>2</sup> Student must either choose to take ATTR 680 **or** choose to take ATTR 689 and ATTR 690

<sup>3</sup> Any student who is not ready for enrollment in ATTR 690 after completing ATTR 689 may be required, as determined by the student's thesis chair, to repeat ATTR 689 until deemed ready for enrollment in ATTR 690

All applicable prerequisites must be met

## Graduation Requirements

- **174-176** Total credit hours
- **125** Credit hours must be 100-400 level courses (ATTR 500, ATTR 501, ATTR 503 and BIOM 513 included)
- **3.0** Overall grade point average required for undergraduate degree
- **3.0** Overall grade point average required for graduate degree
- **30** Credit hours of undergraduate courses must be upper-level courses (300-400 level)
- **Grade of 'C'** Minimum required for all upper-level courses in the major (300-400 level)

- **Grade of 'C'** No more than two grades of C may be applied to Masters level courses (includes grades of C+ & C-)
- **Grade of 'D'** No grades of D may be applied to Masters level courses (includes grades of D+ & D-)
- **25%** Of the undergraduate courses in the major must be taken through Liberty University
- **50%** Of the program hours may be transferred from a CAATE accredited program or a graduate degree taken through Liberty University
- **30** Credit hours of undergraduate courses must be taken through Liberty University
- **6 years** Degree must be completed within 6 years
- **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

## Program Offered in Resident Format