

EXERCISE SCIENCE & WELLNESS (M.S.) - FITNESS & PERFORMANCE

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.

Code	Title	Hours
Program Courses		
<i>Core Courses</i>		
EXSC 510	Advanced Exercise Physiology	3
EXSC 520	Statistical Analysis in Exercise Science	3
EXSC 525	Research Methods in Exercise Science	3
EXSC 660	Fitness Assessment and Programming	3
HLTH 640	Principles of Nutrition	3
Total Hours		15
Code Title Hours		
Fitness & Performance Concentration		
EXSC 540	Advanced Strength Development	3
EXSC 541	Advanced Speed and Agility	3
EXSC 542	Advanced Conditioning & Recovery	3
EXSC 550	Advanced Biomechanical Analysis	3
HLTH 645	Performance Nutrition for the Physically Active	3
Choose three credit hours of the following:		3
EXSC 505	Foundations of Human Performance	
EXSC 545	Motor Learning and Performance	
EXSC 633	Exercise and Physical Activity for People with Disabilities	
EXSC 640	Public Health and Physical Activity	
LIFC 501	Introduction to Life Coaching	
LIFC 502	Advanced Life Coaching Skills	
LIFC 601	Health and Wellness Coaching	
SMGT 502	Sport Marketing and Public Relations	
SMGT 633	Management and Leadership in Sport Organizations	
Total Hours		18

All applicable prerequisites must be met

Graduation Requirements

- Complete 33 hours
- A maximum of 50% of the program hours may be transferred if approved and allowable, including credit from an earned degree from Liberty University on the same academic level
- 3.0 GPA
- No more than two grades of C may be applied to the degree (includes grades of C+ & C-)
- No grade of D or below may be applied to the degree (includes grades of D+ & D-)

- Liberty University course work that is more than 10 years old may not be applied towards this degree. Students are required to repeat the course if it has exceeded the age limit.
- Degree must be completed within 5 years
- Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date

Program Offered in Resident & Online Format Course Sequence

First Year		Hours
First Semester		
EXSC 510	Advanced Exercise Physiology	3
EXSC 520	Statistical Analysis in Exercise Science	3
EXSC 525	Research Methods in Exercise Science	3
Hours		9
Second Semester		
EXSC 540	Advanced Strength Development	3
EXSC 550	Advanced Biomechanical Analysis	3
HLTH 640	Principles of Nutrition	3
Hours		9
Second Year		
Third Semester		
EXSC 541	Advanced Speed and Agility	3
EXSC 542	Advanced Conditioning & Recovery	3
HLTH 645	Performance Nutrition for the Physically Active	3
Hours		9
Fourth Semester		
EXSC 660	Fitness Assessment and Programming	3
Elective ¹		3
Hours		6
Total Hours		33

¹ Choose one course from the following: EXSC 505, 545, 633, 640, LIFC 501, 502, 601, SMGT 502, OR 633.