

# EXERCISE SCIENCE & WELLNESS (M.S.) - NUTRITION & WELLNESS

**Important:** This degree plan is effective for those starting this degree program in fall 2024 through summer 2025. 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
<b>Core Courses</b>		
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
<b>Total Hours</b>		<b>15</b>

Code	Title	Hours
<b>Nutrition &amp; Wellness Concentration</b>		
EXSC 640	Public Health and Physical Activity	3
EXSC 650	Promoting Physical Activity in the Community	3
HLTH 643	Public Health Nutrition	3
HLTH 644	Diabetes, Obesity and Eating Disorders	3
HLTH 645	Performance Nutrition for the Physically Active	3
Choose three credit hours of the following:		3
CEFS 502	Human Growth and Development	
EXSC 505	Foundations of Human Performance	
EXSC 550	Advanced Biomechanical Analysis	
EXSC 633	Exercise and Physical Activity for People with Disabilities	
EXSC 635	Exercise Prescription for Special Populations: Cardiac and Pulmonary Disorders	
HLTH 632	Health Program Planning	
LIFC 501	Introduction to Life Coaching	
LIFC 601	Health and Wellness Coaching	
<b>Total Hours</b>		<b>18</b>

All applicable prerequisites must be met

## Graduation Requirements

- Complete 33 total 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

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
EXSC 510	Advanced Exercise Physiology	3
EXSC 520	Statistical Analysis in Exercise Science	3
EXSC 525	Research Methods in Exercise Science	3
<b>Hours</b>		<b>9</b>
<b>Second Semester</b>		
EXSC 640	Public Health and Physical Activity	3
EXSC 660	Fitness Assessment and Programming	3
HLTH 640	Principles of Nutrition	3
<b>Hours</b>		<b>9</b>
<b>Second Year</b>		
<b>First Semester</b>		
EXSC 650	Promoting Physical Activity in the Community	3
HLTH 643	Public Health Nutrition	3
HLTH 645	Performance Nutrition for the Physically Active	3
<b>Hours</b>		<b>9</b>
<b>Second Semester</b>		
HLTH 644	Diabetes, Obesity and Eating Disorders	3
Elective <sup>1</sup>		3
<b>Hours</b>		<b>6</b>
<b>Total Hours</b>		<b>33</b>

<sup>1</sup> Choose one course from the following: CEFS 502, EXSC 505, 550, 633, 635, HLTH 632, LIFC 501, or 601