

# EXERCISE SCIENCE (B.S.) - FITNESS SPECIALIST - RESIDENT

**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

Code	Title	Hours
<b>Communication &amp; Information Literacy</b> <sup>1</sup>		
ENGL 101	Composition and Rhetoric	3
INQR 101	Inquiry	1
	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
RSCH 201	Research	3
	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>44-47</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 Introduction to Biblical Worldview (2 c.h.) and EVAN 101 Evangelism and the Christian Life (2 c.h.) waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 Theology Survey I (2 c.h.) and THEO 202 Theology Survey II (2 c.h.) 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
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
<b>Total Hours</b>		<b>11</b>

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

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

Code	Title	Hours
<b>Major Core</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	Measurement and Evaluation in Health and Kinesiology	3
EXSC 321	Practicum	1
EXSC 340	Essentials of Strength Training and Conditioning	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
or EXSC 486	Strength and Conditioning Specialist Workshop and Certification	
HLTH 333	Exercise and Sports Nutrition	3
PHED 225	Weight Training/Conditioning	1
<b>Total Hours</b>		<b>38</b>

Code	Title	Hours
<b>Cognate</b>		
EXSC 302	Exercise and Sports Injuries	2
EXSC 311	Analysis of Human Movement	3
EXSC 315	Group Exercise Instruction	2
or EXSC 345	Applied Strength Training and Conditioning	
EXSC 499	Internship in Exercise Science	4
PHED 101	Physical Fitness	1
	Physical Education Elective <sup>1</sup>	1
<b>Total Hours</b>		<b>13</b>

<sup>1</sup> Choose from PHED 216 Field Hockey (1 c.h.)-PHED 240 (c.h.)

Code	Title	Hours
<b>Free Electives</b>		
Choose 11-21 credit hours of Free Electives		11-21
<b>Total Hours</b>		<b>11-21</b>

### Additional Requirements

- First Aid/CPR Certification
- ACSM Exercise Physiologist Exam<sup>1</sup> or NSCA Strength & Conditioning Spec. Exam<sup>2</sup>

<sup>1</sup> Must be completed prior to EXSC 499 Internship in Exercise Science (1-6 c.h.); minimum score of 480

<sup>2</sup> Must be completed prior to EXSC 499 Internship in Exercise Science (1-6 c.h.); minimum overall score of 60% in both sections of the exam

All applicable prerequisites must be met

### 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 upper-level courses in the major
- **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

### Course Sequence

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
ENGL 101	Composition and Rhetoric	3
EVAN 101	Evangelism and the Christian Life	2
INQR 101	Inquiry	1
UNIV 101	Foundational Skills	1
Math Elective <sup>1</sup>		3
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
CSER		0
<b>Hours</b>		<b>13</b>
<b>Second Semester</b>		
BIBL 105	Old Testament Survey	2
RLGN 105	Introduction to Biblical Worldview	2
Natural Science Elective (BIOL 213/BIOL 214) <sup>1</sup>		4
Communications Elective <sup>1</sup>		3
Information Literacy Elective <sup>1</sup>		3
Technology Competency <sup>2</sup>		0-3
PHED 101	Physical Fitness	1
CSER		0
<b>Hours</b>		<b>15-18</b>

Course	Title	Hours
<b>Second Year</b>		
<b>First Semester</b>		
BIBL 110	New Testament Survey	2
RSCH 201	Research	3
Information Literacy Elective (HLTH 216) <sup>1</sup>		3
BIOL 215	Human Anatomy and Physiology II	3
BIOL 216	Human Anatomy and Physiology II Lab	1
EXSC 310	Physiology of Exercise	3
PHED Elective <sup>3</sup>		1
CSER		0
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
EXSC 302	Exercise and Sports Injuries	2
EXSC 315 or EXSC 345	Group Exercise Instruction or Applied Strength Training and Conditioning	2
EXSC 321	Practicum	1
HLTH 333	Exercise and Sports Nutrition	3
PHED 225	Weight Training/Conditioning	1
Elective		3
Elective		3
CSER		0
<b>Hours</b>		<b>15</b>
<b>Third Year</b>		
<b>First Semester</b>		
Cultural Studies Elective <sup>1</sup>		3
Social Science Elective <sup>1</sup>		3
EXSC 320	Measurement and Evaluation in Health and Kinesiology	3
EXSC 350	Biomechanics	3
EXSC 351	Biomechanics Lab	1
Elective		3
CSER		0
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
EXSC 311	Analysis of Human Movement	3
EXSC 340	Essentials of Strength Training and Conditioning	3
EXSC 410	Applied Exercise Physiology	3
EXSC 411	Applied Exercise Physiology Lab	1
Elective		3
Elective		3
CSER		0
<b>Hours</b>		<b>16</b>
<b>Fourth Year</b>		
<b>First Semester</b>		
THEO 201	Theology Survey I	2
CRST 290	History of Life	3
EXSC 433	Exercise Prescription for Special Populations	3
EXSC 460	Exercise Testing, Evaluation, and Prescription	3

Course	Title	Hours
EXSC 461	Exercise Leadership	3
EXSC 485 or EXSC 486	Exercise Physiologist Workshop and Certification or Strength and Conditioning Specialist Workshop and Certification	1
CSER		0
<b>Hours</b>		<b>15</b>
<b>Second Semester</b>		
THEO 202	Theology Survey II	2
Critical Thinking Elective <sup>1</sup>		3
EXSC 499	Internship in Exercise Science	4
Elective		3
Elective		3
CSER		0
<b>Hours</b>		<b>15</b>
<b>Total Hours</b>		<b>121-124</b>

<sup>1</sup> Refer to the list of approved general education electives at [www.liberty.edu/gened](http://www.liberty.edu/gened) before enrolling in foundational skills requirements

<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course; refer to [www.liberty.edu/computerassessment](http://www.liberty.edu/computerassessment) for more information

<sup>3</sup> Choose from PHED 216-240