

EXERCISE SCIENCE (B.S.) - STRENGTH & CONDITIONING 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
Communication & Information Literacy ¹		
ENGL 101	Composition and Rhetoric	3
INQR 101	Inquiry	1
Communications Elective		3
Information Literacy Elective		3
Information Literacy Elective		3
Technological Solutions & Quantitative Reasoning ¹		
UNIV 101	Foundational Skills	1
Math Elective	MATH 114 or higher	3
Technology Competency ²		0-3
Critical Thinking ¹		
RLGN 105	Introduction to Biblical Worldview ³	2
RSCH 201	Research	3
Critical Thinking Elective		3
Civic & Global Engagement ¹		
EVAN 101	Evangelism and the Christian Life ³	2
Cultural Studies Elective		3
Social & Scientific Inquiry ¹		
Natural Science Elective		3
Social Science Elective ⁴		3
Christianity & Contexts 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
Total Hours		44-47

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

² All students must pass the Computer Assessment OR complete applicable INFT course

³ 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

⁴ PSYC 101 General Psychology (3 c.h.) is strongly recommended

Major Requirements

Code	Title	Hours
Major Foundational Courses		
BIOL 213	Human Anatomy and Physiology I ^{1,2}	3
BIOL 214	Human Anatomy and Physiology I Lab ^{1,2}	1
BIOL 215	Human Anatomy and Physiology II ^{1,2}	3
BIOL 216	Human Anatomy and Physiology II Lab ^{1,2}	1
HLTH 216	Personal Health ¹	3
Total Hours		11

¹ Course may fulfill select general education requirements

² Minimum grade of "C" required

Code	Title	Hours
Major Core		
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 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
Total Hours		38

Code	Title	Hours
Cognate		
EXSC 311	Analysis of Human Movement	3
EXSC 345	Applied Strength Training and Conditioning	2
EXSC 401	Seminar in Strength and Conditioning	1
EXSC 440	Programming and Periodization for Strength and Conditioning	3
EXSC 499	Internship in Exercise Science	4
Total Hours		13

Code	Title	Hours
Free Electives		
Choose 11-21 credit hours of Free Electives		11-21
Total Hours		11-21

Additional Requirements

- First Aid/CPR Certification
- ACSM Exercise Physiologist Exam¹ or NSCA Strength & Conditioning Spec. Exam²

¹ Must be completed prior to EXSC 499 Internship in Exercise Science (4-6 c.h.); minimum score of 480

² Must be completed prior to EXSC 499 Internship in Exercise Science (4-6 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
First Year		
First Semester		
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 ¹		3
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
CSER		0
Hours		13
Second Semester		
BIBL 105	Old Testament Survey	2
RLGN 105	Introduction to Biblical Worldview	2
Communications Elective ¹		3
Information Literacy Elective ¹		3
Natural Science Elective (BIOL 213/BIOL 214) ¹		4
Technology Competency ²		0-3
CSER		0
Hours		14-17
Second Year		
First Semester		
BIBL 110	New Testament Survey	2
RSCH 201	Research	3
THEO 201	Theology Survey I	2
Information Literacy Elective (HLTH 216) ¹		3

Course	Title	Hours
BIOL 215	Human Anatomy and Physiology II	3
BIOL 216	Human Anatomy and Physiology II Lab	1
EXSC 310	Physiology of Exercise	3
CSER		0
Hours		17
Second Semester		
THEO 202	Theology Survey II	2
EXSC 320	Measurement and Evaluation in Health and Kinesiology	3
EXSC 321	Practicum	1
HLTH 333	Exercise and Sports Nutrition	3
PHED 225	Weight Training/Conditioning	1
Elective		3
Elective		3
CSER		0
Hours		16
Third Year		
First Semester		
Social Science Elective ¹		3
EXSC 340	Essentials of Strength Training and Conditioning	3
EXSC 345	Applied Strength Training and Conditioning	2
EXSC 350	Biomechanics	3
EXSC 351	Biomechanics Lab	1
Elective		3
CSER		0
Hours		15
Second Semester		
Critical Thinking Elective ¹		3
EXSC 311	Analysis of Human Movement	3
EXSC 410	Applied Exercise Physiology	3
EXSC 411	Applied Exercise Physiology Lab	1
EXSC 440	Programming and Periodization for Strength and Conditioning	3
Elective		3
CSER		0
Hours		16
Fourth Year		
First Semester		
CRST 290	History of Life	3
EXSC 401	Seminar in Strength and Conditioning	1
EXSC 433	Exercise Prescription for Special Populations	3
EXSC 460	Exercise Testing, Evaluation, and Prescription	3
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
Hours		14

Course	Title	Hours
Second Semester		
Cultural Studies Elective ¹		3
EXSC 499	Internship in Exercise Science	4
Elective		3
Elective		3
Elective		2
CSER		0
Hours		15
Total Hours		120-123

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