

# EXERCISE SCIENCE (B.S.) - THERAPEUTIC SCIENCE - RESIDENT

**Important:** This degree plan is effective for those starting this degree program in fall 2022 through summer 2023. 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
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>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>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	Theory of Therapeutic Rehabilitation	3
ATTR 425	Allied Healthcare Evidence-based Research Analysis	3
EXSC 498	Senior Capstone Project <sup>1</sup>	4
or EXSC 499	Internship in Exercise Science	
MATH 201	Introduction to Probability and Statistics	3
Science Elective <sup>2</sup>		4

Code	Title	Hours
Science Elective <sup>2</sup>		4
Science Elective <sup>2</sup>		4
Science Elective <sup>2</sup>		4
Science Elective <sup>2</sup>		4
<b>Total Hours</b>		<b>41</b>

<sup>1</sup> Cumulative GPA of 3.5 and faculty approval required

<sup>2</sup> Choose from the following: BIOL 224 General Biology I (4 c.h.), BIOL 225 General Biology II (4 c.h.), BIOL 303 Microbiology (4 c.h.), CHEM 121 General Chemistry I (4 c.h.), CHEM 122 General Chemistry II (4 c.h.), CHEM 301 Organic Chemistry I (4 c.h.), CHEM 302 Organic Chemistry II (4 c.h.), PHYS 201 General Physics I (4 c.h.), and PHYS 202 General Physics II (4 c.h.)

*All applicable prerequisites must be met*

### 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

### Graduation Requirements

- **127** Total hours
- **2.5** Overall grade point average
- **31.75** 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 concentration taken through Liberty University
- **31.75** 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