

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

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.

General Education/Foundational Skills Requirements

Code	Title	Hours
Communication & Information Literacy ¹		
ENGL 101	Composition and Rhetoric	3
	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
	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	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		40-43

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 and EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 and THEO 202 waived

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

Code	Title	Hours
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
MATH 121	College Algebra ¹	3
PSYC 101	General Psychology ¹	3
Total Hours		17

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 333	Ergogenic Aids in Sport	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
PHED 225	Weight Training/Conditioning	1
STRG 340	Essentials of Strength Training and Conditioning	3
Total Hours		38

Code	Title	Hours
Concentration		
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	Corrective Exercises and Rehabilitation Theory	3
ATTR 425	Allied Healthcare Evidence-based Research Analysis	3
EXSC 498	Senior Capstone Project ¹	4
or EXSC 499	Internship in Exercise Science	
MATH 201	Introduction to Probability and Statistics	3
Science Elective ²		4
Science Elective ²		4
Science Elective ²		4
Science Elective ²		4
Science Elective ²		4
Science Elective ²		4
Total Hours		41

¹ Cumulative GPA of 3.5 and faculty approval required

² Choose from the following: BIOL 224 and BIOL 224L, BIOL 225 and BIOL 225L, CHEM 121 and CHEM 121L, CHEM 122 and CHEM 122L, CHEM 301 and CHEM 301L, CHEM 302 and CHEM 302L, PHYS 201 and PHYS 201L, or PHYS 202 and PHYS 202L.

All applicable prerequisites must be met

Additional Requirements

- First Aid/CPR Certification
- ACSM Exercise Physiologist Exam¹

¹ Must be completed prior to EXSC 499; minimum score of 480

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

Course Sequence

Course	Title	Hours
First Year		
First Semester		
EVAN 101	Evangelism and the Christian Life	2
INQR 101	Inquiry	1
UNIV 101	Foundational Skills	1
Math Elective (MATH 121) ¹		3
Technology Competency ²		0-3
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
Science Elective ³		4
CSER		0
Hours		14-17
Second Semester		
BIBL 105	Old Testament Survey	2
ENGL 101	Composition and Rhetoric	3
MATH 201	Introduction to Probability and Statistics	3
RLGN 105	Introduction to Biblical Worldview	2
Natural Science Elective (BIOL 213/BIOL 214) ¹		4
Social Science Elective (PSYC 101) ¹		3
CSER		0
Hours		17
Second Year		
First Semester		
BIBL 110	New Testament Survey	2
BIOL 215	Human Anatomy and Physiology II	3

Course	Title	Hours
BIOL 216	Human Anatomy and Physiology II Lab	1
RSCH 201	Research	3
EXSC 310	Physiology of Exercise	3
PHED 225	Weight Training/Conditioning	1
CSER		0

Hours 13

Second Semester

THEO 201	Theology Survey I	2
Information Literacy Elective ¹		3
ATTR 330	Clinical Musculoskeletal Anatomy	3
ATTR 331	Clinical Musculoskeletal Anatomy Lab	1
CRST 290	History of Life	3
EXSC 321	Practicum	1
Science Elective ³		4
CSER		0

Hours 17

Third Year

First Semester

Information Literacy Elective (HLTH 216) ¹		3
EXSC 320	Measurement and Evaluation in Health and Kinesiology	3
EXSC 350	Biomechanics	3
EXSC 351	Biomechanics Lab	1
HLTH 333	Exercise and Sports Nutrition	3
Science Elective ³		4
CSER		0

Hours 17

Second Semester

ATTR 335	Musculoskeletal Injury Assessment	3
ATTR 336	Musculoskeletal Injury Assessment Laboratory	1
EXSC 340		3
EXSC 410	Applied Exercise Physiology	3
EXSC 411	Applied Exercise Physiology Lab	1
EXSC 460	Exercise Testing, Evaluation, and Prescription	3
Science Elective ³		4
CSER		0

Hours 18

Fourth Year

First Semester

ATTR 406	Corrective Exercises and Rehabilitation Theory	3
ATTR 425	Allied Healthcare Evidence-based Research Analysis	3
EXSC 433	Exercise Prescription for Special Populations	3
EXSC 461	Exercise Leadership	3
EXSC 485 or EXSC 486	Exercise Physiologist Workshop and Certification	1
or		
Science Elective ³		4

Course	Title	Hours
CSER		0
Hours		17
Second Semester		
THEO 202	Theology Survey II	2
Communications Elective ¹		3
Critical Thinking Elective ¹		3
Cultural Studies Elective ¹		3
EXSC 498 or EXSC 499	Senior Capstone Project or Internship in Exercise Science	4
CSER		0
Hours		15
Total Hours		128-131

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

³ Choose from the following: BIOL 224, 225, 303, CHEM 121, 122, 301, 302, PHYS 201, 202