STRENGTH & CONDITIONING (B.S.) - BUSINESS FOUNDATIONS FOR FITNESS PROFESSIONALS - RESIDENT

Important: This degree plan is effective for those starting this degree program in fall 2026 through summer 2027. 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
BIOL 215	Human Anatomy and Physiology II [1,2]	3
BIOL 216	Human Anatomy and Physiology II Lab [1,2]	1
CRST 290	History of Life [1]	3
PSYC 101	General Psychology [1]	3
Total Hours		**14**

1. Course may fulfill select general education requirements.
2. Minimum grade of "C" required.

Code	Title	Hours
Major Courses		
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
EXSC 310	Physiology of Exercise	3
EXSC 311	Analysis of Human Movement	3
EXSC 320	Research and Statistics in Exercise Science	3
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 461	Exercise Leadership	3
PHED 225	Weight Training/Conditioning	1
STRG 298	Essentials of Personal Training	3
STRG 325	Advanced Strength Training	2
STRG 335	Speed, Agility, and Quickness	2
STRG 340	Essentials of Strength Training and Conditioning	3
STRG 345	Applied Strength Training and Conditioning	2
STRG 398	Strength and Conditioning Practicum	2
STRG 401	Seminar in Strength and Conditioning	1
STRG 440	Programming and Periodization for Strength and Conditioning	3
STRG 480	Essentials of Sport Science	3
STRG 499	Strength and Conditioning Field Experience [1]	4
Total Hours		**52**

1. All other Major Core courses must be completed prior to enrollment in STRG 499.

Code	Title	Hours
Business Foundations for Fitness Professionals Cognate		
ACCT 209	Survey of Accounting and Finance	3
BUSI 310	Principles of Management	3
BUSI 336	Introduction to Entrepreneurship	3
PSYC 320	Behavior Modification	3
Total Hours		**12**

Code	Title	Hours
Free Electives [1]		
Choose 5-8 credit hours of Free Electives		5-8
Total Hours		**5-8**

[1] STRG 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers.

Additional Major Requirements

- First Aid/CPR Certification

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 major and major foundational courses
- **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

Freshman Year		
First Semester		**Hours**
Math Elective [1]		3
Social Science Elective [1]		3
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
BIBL 105	Old Testament Survey	2
ENGL 101	Composition and Rhetoric	3
EXSC 101	Introduction to Exercise Science	1
UNIV 101	Foundational Skills	1
CSER		
	Hours	**15**
Second Semester		
Communications Elective [1]		3
Information Literacy Elective [1]		3
Natural Science Elective [1]		4
Technological Competency [2]		0-3
BIBL 110	New Testament Survey	2
RLGN 105	Introduction to Biblical Worldview	2
CSER		
	Hours	**14-17**
Sophomore Year		
First Semester		
Information Literacy Elective [1]		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 225	Weight Training/Conditioning	1
THEO 201	Theology Survey I	2
Elective		3
CSER		
	Hours	**16**
Second Semester		
Critical Thinking Elective [1]		3
ACCT 209	Survey of Accounting and Finance	3
EXSC 311	Analysis of Human Movement	3
EXSC 320	Research and Statistics in Exercise Science	3
STRG 298	Essentials of Personal Training	3
STRG 325	Advanced Strength Training	2
CSER		
	Hours	**17**
Junior Year		
First Semester		
BUSI 310	Principles of Management	3
CRST 290	History of Life	3
EXSC 350	Biomechanics	3
EXSC 351	Biomechanics Lab	1
STRG 335	Speed, Agility, and Quickness	2
STRG 340	Essentials of Strength Training and Conditioning	3
CSER		
	Hours	**15**
Second Semester		
EXSC 333	Ergogenic Aids in Sport	3
EXSC 410	Applied Exercise Physiology	3
EXSC 411	Applied Exercise Physiology Lab	1
EXSC 461	Exercise Leadership	3
STRG 345	Applied Strength Training and Conditioning	2
STRG 398	Strength and Conditioning Practicum	2
CSER		
	Hours	**14**
Senior Year		
First Semester		
BUSI 336	Introduction to Entrepreneurship	3
STRG 401	Seminar in Strength and Conditioning	1
STRG 440	Programming and Periodization for Strength and Conditioning	3
STRG 480	Essentials of Sport Science	3
PSYC 320	Behavior Modification	3
Elective [3]		3
CSER		
	Hours	**16**
Second Semester		
Cultural Studies Elective [1]		3
EVAN 101	Evangelism and the Christian Life	2
STRG 499	Strength and Conditioning Field Experience	4
THEO 202	Theology Survey II	2
Elective		2

CSER	
Hours	**13**
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 https://www.liberty.edu/computerassessment for more information.

3 STRG 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers.

All applicable prerequisites must be met