# STRENGTH & CONDITIONING (B.S.) - 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 Core** | | |
| 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] | 4-5 |
| **Total Hours** | | **52-53** |

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

| Code | Title | Hours |
|---|---|---|
| **Free Electives** | | |
| Choose 6-17 credit hours of Free Electives [1] | | 6-17 |
| **Total Hours** | | **6-17** |

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

### Additional 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 all 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