

# STRENGTH & CONDITIONING (B.S.) - COACHING - 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
<b>Communication &amp; Information Literacy</b> <sup>1</sup>		
ENGL 101	Composition and Rhetoric	3
	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
	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>40-43</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 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
<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

Code	Title	Hours
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
CRST 290	History of Life <sup>1</sup>	3
PSYC 101	General Psychology <sup>1</sup>	3
<b>Total Hours</b>		<b>14</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
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	Practicum I	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	Practicum II	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 <sup>1</sup>	4-5
<b>Total Hours</b>		<b>52-53</b>

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

Code	Title	Hours
<b>Cognate</b>		
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
SMGT 300	Introduction to Coaching	3
SMGT 400	Sport and Exercise Psychology	3
	Elective <sup>1,2</sup>	1
<b>Total Hours</b>		<b>10</b>

<sup>1</sup> Choose one of the following courses STRG 486<sup>1</sup>, PHED 101-221, or PHED 228-237

Code	Title	Hours
<b>Free Electives <sup>1</sup></b>		
Choose 0-7 credit hours of Free Electives		0-7
<b>Total Hours</b>		<b>0-7</b>

<sup>1</sup> 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 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

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
BIBL 105	Old Testament Survey	2
ENGL 101	Composition and Rhetoric	3
INQR 101	Inquiry	1
UNIV 101	Foundational Skills	1
Math Elective <sup>1</sup>		3
Social Science Elective (PSYC 101) <sup>1</sup>		3
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
CSER		0
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
BIBL 110	New Testament Survey	2
RLGN 105	Introduction to Biblical Worldview	2
Communications Elective <sup>1</sup>		3
Information Literacy Elective <sup>1</sup>		3
Natural Science Elective (BIOL 213/BIOL 214) <sup>1</sup>		4
Technology Competency <sup>2</sup>		0-3
CSER		0
<b>Hours</b>		<b>14-17</b>
<b>Second Year</b>		
<b>First Semester</b>		
THEO 201	Theology Survey I	2

Course	Title	Hours
RSCH 201	Research	3
Information Literacy Elective <sup>1</sup>		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
CSER		0
<b>Hours</b>		<b>16</b>

<b>Second Semester</b>		
Critical Thinking Elective <sup>1</sup>		3
EXSC 311	Analysis of Human Movement	3
EXSC 320	Measurement and Evaluation in Health and Kinesiology	3
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
STRG 298	Practicum I	3
STRG 325	Advanced Strength Training	2
CSER		0
<b>Hours</b>		<b>17</b>

<b>Third Year</b>		
<b>First Semester</b>		
EXSC 340		3
EXSC 350	Biomechanics	3
EXSC 351	Biomechanics Lab	1
SMGT 300	Introduction to Coaching	3
STRG 335	Speed, Agility, and Quickness	2
STRG 398	Practicum II	2
CSER		0
<b>Hours</b>		<b>14</b>

<b>Second Semester</b>		
CRST 290	History of Life	3
EXSC 333	Ergogenic Aids in Sport	3
EXSC 345		2
EXSC 410	Applied Exercise Physiology	3
EXSC 411	Applied Exercise Physiology Lab	1
EXSC 461	Exercise Leadership	3
CSER		0
<b>Hours</b>		<b>15</b>

<b>Fourth Year</b>		
<b>First Semester</b>		
EXSC 401		1
EXSC 440		3
SMGT 400	Sport and Exercise Psychology	3
STRG 480	Essentials of Sport Science	3
Cognate Elective <sup>3</sup>		1
Elective <sup>4</sup>		3
CSER		0
<b>Hours</b>		<b>14</b>

<b>Second Semester</b>		
EVAN 101	Evangelism and the Christian Life	2
THEO 202	Theology Survey II	2

Course	Title	Hours
Cultural Studies Elective <sup>1</sup>		3
STRG 499	Strength and Conditioning Field Experience	4-5
Elective		3
CSER		0
<b>Hours</b>		<b>14-15</b>
<b>Total Hours</b>		<b>120-124</b>

<sup>1</sup> Refer to the list of approved general education electives at [www.liberty.edu/gened](http://www.liberty.edu/gened) before enrolling in foundational skills requirements

<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course; refer to [www.liberty.edu/computerassessment](http://www.liberty.edu/computerassessment) for more information

<sup>3</sup> Choose one of the following courses: EXSC 486, PHED 101-221, or PHED 228-237

<sup>4</sup> EXSC 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers