

STRENGTH & CONDITIONING (B.S.) - COACHING - RESIDENT

Important: This degree plan is effective for those starting this degree program in fall 2023 through summer 2024. 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 |
| INQR 101 | Inquiry | 1 |
| | 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 |
| RSCH 201 | Research | 3 |
| | 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 | | 44-47 |

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 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 |
|-----------------------------------|--|-----------|
| 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 | Measurement and Evaluation in Health and Kinesiology | 3 |
| EXSC 333 | Ergogenic Aids in Sport | 3 |
| EXSC 340 | Essentials of Strength Training and Conditioning | 3 |
| EXSC 345 | Applied Strength Training and Conditioning | 2 |
| EXSC 350 | Biomechanics | 3 |
| EXSC 351 | Biomechanics Lab | 1 |
| EXSC 401 | Seminar in Strength and Conditioning | 1 |
| EXSC 410 | Applied Exercise Physiology | 3 |
| EXSC 411 | Applied Exercise Physiology Lab | 1 |
| EXSC 440 | Programming and Periodization for Strength and Conditioning | 3 |
| 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 398 | Practicum II | 2 |
| 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 |
|----------------|-------------------------------|-------|
| Cognate | | |
| PHED 208 | Motor Learning | 2 |
| PHED 209 | Motor Learning Lab | 1 |
| SMGT 300 | Introduction to Coaching | 3 |
| SMGT 400 | Sport and Exercise Psychology | 3 |

| Code | Title | Hours |
|-------------------------|-------|-----------|
| Elective ^{1,2} | | 1 |
| Total Hours | | 10 |

¹ Choose one of the following courses EXSC 486¹, PHED 101-221, or PHED 228-237

² EXSC 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers

| Code | Title | Hours |
|---|-------|------------|
| Free Electives | | |
| Choose 0-7 credit hours of Free Electives | | 0-7 |
| Total Hours | | 0-7 |

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

| Course | Title | Hours |
|--------------|-------|--------------|
| CSER | | 0 |
| Hours | | 14-17 |

Second Year

First Semester

| | | |
|--|-------------------------------------|-----------|
| THEO 201 | Theology Survey I | 2 |
| RSCH 201 | Research | 3 |
| 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 |
| CSER | | 0 |
| Hours | | 16 |

Second Semester

| | | |
|---|--|-----------|
| Critical Thinking Elective ¹ | | 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 |
| Hours | | 17 |

Third Year

First Semester

| | | |
|--------------|--|-----------|
| EXSC 340 | Essentials of Strength Training and Conditioning | 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 |
| Hours | | 14 |

Second Semester

| | | |
|--------------|--|-----------|
| CRST 290 | History of Life | 3 |
| EXSC 333 | Ergogenic Aids in Sport | 3 |
| EXSC 345 | Applied Strength Training and Conditioning | 2 |
| EXSC 410 | Applied Exercise Physiology | 3 |
| EXSC 411 | Applied Exercise Physiology Lab | 1 |
| EXSC 461 | Exercise Leadership | 3 |
| CSER | | 0 |
| Hours | | 15 |

Fourth Year

First Semester

| | | |
|----------|---|---|
| EXSC 401 | Seminar in Strength and Conditioning | 1 |
| EXSC 440 | Programming and Periodization for Strength and Conditioning | 3 |
| SMGT 400 | Sport and Exercise Psychology | 3 |
| STRG 480 | Essentials of Sport Science | 3 |

| Course | Title | Hours |
|--|--|----------------|
| Cognate Elective ³ | | 1 |
| Elective ⁴ | | 3 |
| CSER | | 0 |
| Hours | | 14 |
| Second Semester | | |
| EVAN 101 | Evangelism and the Christian Life | 2 |
| THEO 202 | Theology Survey II | 2 |
| Cultural Studies Elective ¹ | | 3 |
| STRG 499 | Strength and Conditioning Field Experience | 4-5 |
| Elective | | 3 |
| CSER | | 0 |
| Hours | | 14-15 |
| Total Hours | | 120-124 |

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 one of the following courses: EXSC 486, PHED 101-221, or PHED 228-237

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