

Bachelor of Science in Exercise Science

Strength and Conditioning Specialist Cognate

2024-2025 Degree Completion Plan

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 (40-43 hours) Course Hrs Sem Grade Communication & Information Literacy (12 hours)¹ **Major Foundational Courses (4-11 hours)** Human Anatomy & Physiology I^{6,7} ENGL 101 Composition & Rhetoric **BIOL 213** BIOL 214 Communications Elective Human Anatomy & Physiology I Lab^{6,7} Information Literacy Elective **BIOL 215** Human Anatomy & Physiology II^{6,7} Information Literacy Elective BIOL 216 Human Anatomy & Physiology II Lab^{6,7} Personal Health⁶ **HLTH 216** Technological Solutions & Quantitative Reasoning (4-7 hours)¹ **UNIV 101** Foundational Skills **MAJOR** Math Elective (MATH 114 or higher) MATH Core (38 hours) Technology Competency² ATTR 205 Musculoskeletal Term. & Clinical Docu. **CRST 290** History of Life Critical Thinking (5 hours)¹ EXSC 101 Introduction to Exercise Science RLGN 105 **EXSC 310** Physiology of Exercise Intr Bwvw/Contemp Moral Issues³ Critical Thinking Elective **EXSC 320** Measurement & Eval. in Health & Kine. EXSC 321 Practicum EXSC 340 Essentials of Strength Training & Cond. Civic & Global Engagement (5 hours)¹ **EXSC 350 EVAN 101** Evangelism & Christian Life³ Biomechanics EXSC 351 Cultural Studies Elective Biomechanics Lab EXSC 410 Applied Exercise Physiology Applied Exercise Physiology Lab Social & Scientific Inquiry (6 hours)¹ EXSC 411 Natural Science Elective EXSC 433 Exercise Prescript. for Special Populations Social Science Elective EXSC 460 Exercise Testing, Eval. & Prescription EXSC 461 Exercise Leadership EXSC 485 Exercise Physiologist Workshop & Cert. Christianity & Contexts (8 hours)¹ BIBL 105 Old Testament Survey or EXSC 486 Strength & Cond. Spec. Workshop & Cert 8 **BIBL** 110 New Testament Survey **HLTH 333** Exercise & Sports Nutrition **THEO 201** Theology Survey I3 PHED 225 Weight Training/Conditioning **THEO 202** Theology Survey II3 Cognate (13 hours) EXSC 311 Analysis of Human Movement EXSC 345 Applied Strength Training & Conditioning 2 EXSC 401 Seminar in Strength & Conditioning

Additional Requirements	
First Aid/CPR Certification	Date Completed:
ACSM Exercise Physiologist Exam ⁴	
or NSCA Strength & Conditioning Spec. Exam ⁵	Date Completed:

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 upper-level courses in the major

50% Of major and cognate taken through Liberty University

 ${\bf 30} \; {\bf Hours} \; {\bf must} \; {\bf be} \; {\bf completed} \; {\bf through} \; {\bf Liberty} \; {\bf University}$

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

Notes

EXSC 440

EXSC 499

All applicable prerequisites must be met

FREE ELECTIVES (15-25 hours)

¹Refer to the list of approved general education electives at www.liberty.edu/gened

Programming & Periodization for Strength & Conditioning

Internship in Exercise Science

before enrolling in foundational skills requirements

All students must pass the Computer Assessment OR complete applicable INFT course;

refer to www.liberty.edu/computerassessment for more information ³Students transferring in 45 or more UG credit hours will have the requirements of RLGN

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

⁴Must be completed prior to EXSC 499; minimum score of 480

 5 Must be completed prior to EXSC 499; minimum overall score of 60% in both sections of the exam

Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened

⁷Minimum grade of "C" is required

8EXSC 486 is strongly recommended

Suggested Course Sequence on second page

Revised: 01.31.2024 Effective: Catalog Term 2024-40

SUGGESTED COURSE SEQUENCE

FRESHMAN YEAR

BIBL 101	First Semester			Second Semester				
Walth Elective¹ 3 Information Literacy Elective¹ 3 ATTR 205 2 Natural Science Elective¹ [BIOL 213/214] 3/1 ENSC 101 1 Technology Competency² 0-3 Elective 3 CSER 0 CSER 0 Total 14-17 SOPHOMORE YEAR BIBL 110 2 THEO 202 2 THEO 201 2 EXSC 320 3 Information Literacy Elective¹ [HLTH 216] 3 EXSC 321 1 BIOL 216 1 PHED 225 1 ENSC 310 3 Elective 3 Elective 3 Elective 3 SUNIOR VEAR SUNIOR VEAR JUNIOR VEAR SUNIOR VEAR SUNIOR VEAR SUNIOR VEAR SOCIAL Science Elective¹ 3 Elective 3 SOCIAL Science Elective¹ 3 EXSC 311 3 EXSC 340	ENGL 101		3	BIBL 105		2		
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Executive	Math Elective ¹		3	Information Literacy Elective ¹		3		
CSER	ATTR 205		2	Natural Science Elective ¹ [BIOL 213/21	14]	3/1		
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BIBL 110	CSER		<u>0</u>		Total 1	14-17		
BIBL 110	T	otal	15					
THEO 201	SOPHOMORE YEAR							
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	T	otal	14					

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2 All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information