

<b><u>CORE COURSES (15 hours)</u></b>		<b><u>Hrs</u></b>	<b><u>Sem</u></b>	<b><u>Grade</u></b>
EXSC 510	Advanced Exercise Physiology	3	_____	_____
EXSC 520	Statistical Analysis in Exercise Science	3	_____	_____
EXSC 525	Research Methods in Exercise Science	3	_____	_____
EXSC 660	Fitness Assessment & Programming	3	_____	_____
HLTH 640	Principles of Nutrition	3	_____	_____
<b><u>FITNESS &amp; PERFORMANCE CONCENTRATION (18 hours)</u></b>				
EXSC 540	Advanced Strength Development	3	_____	_____
EXSC 541	Advanced Speed & Agility	3	_____	_____
EXSC 542	Advanced Conditioning & Recovery	3	_____	_____
EXSC 550	Advanced Biomechanical Analysis	3	_____	_____
HLTH 645	Performance Nutrition for the Physically Active	3	_____	_____
_____	_____ <sup>1</sup>	3	_____	_____
		<b>TOTAL HOURS</b>	<b>33</b>	

**Graduation Requirements**

Complete 33 hours

A maximum of 50% of the program hours may be transferred if approved and allowable, including credit from an earned degree from Liberty University on the same academic level

3.0 GPA

No more than two grades of C may be applied to the degree (includes grades of C+ & C-)

No grade of D or below may be applied to the degree (includes grades of D+ & D-)

Liberty University coursework that is more than 10 years old may not be applied towards this degree. Students are required to repeat the course if it has exceeded the age limit.

Degree must be completed within 5 years

Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date

**Notes**

*All applicable prerequisites must be met*

<sup>1</sup>Choose one course from the following: EXSC 505, 545, 633, 640, LIFC 501, 502, 601, SMTG 502, OR 633

*Suggested Course Sequence on Second Page*

**Offered in Resident and Online Format**

Revised: 01.28.2020

Effective: Catalog Term 2020-40

**SUGGESTED COURSE SEQUENCE**

<u>First Semester</u>		<u>Second Semester</u>	
EXSC 510	3	EXSC 540	3
EXSC 520	3	EXSC 550	3
EXSC 525	<u>3</u>	HLTH 640	<u>3</u>
Total	9	Total	9

<u>Third Semester</u>		<u>Fourth Semester</u>	
EXSC 541	3	EXSC 660	3
EXSC 542	3	Elective <sup>1</sup>	<u>3</u>
HLTH 645	<u>3</u>	Total	6
Total	9		

**Notes**

<sup>1</sup>Choose one course from the following: EXSC 505, 545, 633, 640, LIFC 501, 502, 601, SMGT 502, OR 633