# LIBERTY UNIVERSITY

## **Bachelor of Science in Strength and Conditioning**

Coaching 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/								
FOUNDATI	IONAL SKILLS REQUIREMENTS	(40-43	3 hours	<u>s)</u>					
Course		Hrs	Sem	Grade	Course		Hrs	Sem	Grade
Communica	tion & Information Literacy (12 hou	irs) <sup>1</sup>			Major Four	ndational Courses (7-14 hours)			
ENGL 101	Composition & Rhetoric	3			BIOL 213	Human Anatomy & Physiology I <sup>4,5</sup>	3		
	Communications Elective	3			BIOL 214	Human Anatomy & Physiology I Lab <sup>4,5</sup>	1		
	Information Literacy Elective	3			BIOL 215	Human Anatomy & Physiology II <sup>4,5</sup>	3		
	Information Literacy Elective	3			BIOL 216	Human Anatomy & Physiology II Lab <sup>4,5</sup>	1		
					CRST 290	History of Life <sup>4</sup>	3		
Technologic	al Solutions & Quantitative Reasoni	ng (4-'	7 hours	s) <sup>1</sup>	PSYC 101	General Psychology <sup>4</sup>	3		
UNIV 101	Foundational Skills	1		-)					
MATH	Math Elective (MATH 114 or higher)	3			MAJOR				
	Technology Competency <sup>2</sup>	0-3				<u>Core</u> (52-53 hours)			
					ATTR 205	Musculoskeletal Term. & Clinical Docu.	2		
Critical Thi	nking (5 hours) <sup>1</sup>				EXSC 101	Introduction to Exercise Science	1		
RLGN 105	Intr Bwvw/Contemp Moral Issues <sup>3</sup>	2			EXSC 310	Physiology of Exercise	3		
	Critical Thinking Elective	3			EXSC 311	Analysis of Human Movement	3		
	6				EXSC 320	Measurement & Eval. In Health & Kine.	3		
Civia & Clo	bal Engagement (5 hours) <sup>1</sup>				EXSC 333	Ergogenic Aids in Sport	3		
EVAN 101	Evangelism & Christian Life <sup>3</sup>	2			EXSC 350	Biomechanics	3		
	Cultural Studies Elective	3			EXSC 351	Biomechanics Lab	1		
		5			EXSC 410	Applied Exercise Physiology	3		
Social & Sci	entific Inquiry (6 hours) <sup>1</sup>				EXSC 411	Applied Exercise Physiology Lab	1		
Social & Sci	Natural Science Elective	3			EXSC 461	Exercise Leadership	3		
	Social Science Elective	3			PHED 225	Weight Training/Conditioning	1		
	Social Science Licente	5			STRG 298	Practicum I	3		
Christianity	& Contexts (8 hours) <sup>1</sup>				STRG 220 STRG 325	Advanced Strength Training	2		
BIBL 105	Old Testament Survey	2			STRG 335	Speed, Agility, & Quickness	$\frac{2}{2}$		
BIBL 105	New Testament Survey	2			STRG 340	Essentials of Strength Training & Cond.	3		
THEO 201	Theology Survey I <sup>3</sup>	2			STRG 340	Applied Strength Training & Conditioning			
THEO 201 THEO 202	Theology Survey I <sup>3</sup>	2			STRG 398	Practicum II	2		
111LO 202	Theology Survey II	2			STRG 401	Seminar in Strength & Conditioning	1		
					STRG 401	Prog. & Periodization for Strength & Cond	1 2		
					STRG 440 STRG 480				
						Essentials of Sports Science	3		
					STRG 499	Strength & Conditioning Field Experience	e° 4-5		
						Cognate (10 hours)			
					PHED 208	Motor Learning	2		
					PHED 209	Motor Learning Lab	1		
					SMGT 300	Introduction to Coaching	3		
					SMGT 400	Sport & Exercise Psychology	3		

## FREE ELECTIVES (0-11 hours)<sup>8</sup>

Additional Requirements	
First Aid/CPR Certification	Date Completed:
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Graduation Requirements	
120 Total Hours	
2.5 Overall grade poi	int average
<b>30</b> Hours must be up	pper-level courses (300-400 level)
Grade of 'C' Minimum require	ed for all major and major foundational courses
50% Of major and cog	mate taken through Liberty University
30 Hours must be co	ompleted through Liberty University
Grad App Submission of D	egree Completion Application must be completed
within the last se	emester of a student's anticipated graduation date
<b>CSER</b> All requirements	must be satisfied before a degree will be awarded

Notes All applicable prerequisites must be met <sup>1</sup>Refer to the list of approved general education electives at <u>www.liberty.edu/gened</u> 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 for more information <sup>3</sup>Students 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 <sup>4</sup>Courses may also fulfill select General Education Requirements. Please refer to the list of approved general education electives at www.liberty.edu/gened <sup>5</sup>Minimum grade of "C" is required All other Major Core courses must be completed prior to enrollment in STRG 499 <sup>7</sup>Choose one of the following courses: EXSC 486<sup>8</sup>, PHED 101-221, or PHED 228-237 <sup>8</sup>STRG 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers Suggested Course Sequence on second page

### SUGGESTED COURSE SEQUENCE

#### FRESHMAN YEAR

First Semester			Second Semester	
BIBL 105		2	BIBL 110	2
ENGL 101		3	RLGN 105	2
UNIV 101		1	Communications Elective <sup>1</sup>	3
Math Elective <sup>1</sup>		3	Information Literacy Elective <sup>1</sup>	3
Social Science Elective <sup>1</sup> [PSYC 101]		3	Natural Science Elective <sup>1</sup> [BIOL 213/214]	3/1
ATTR 205		2	Technology Competency <sup>2</sup>	0-3
EXSC 101		1	CSER	<u>0</u>
CSER		0	Total	14-17
	Total	15		

#### SOPHOMORE YEAR

THEO 201		2	Critical Thinking Elective <sup>1</sup>	3
Information Literacy Elective <sup>1</sup>		3	EXSC 311	3
BIOL 215		3	EXSC 320	3
BIOL 216		1	PHED 208	2
EXSC 310		3	PHED 209	1
PHED 225		1	STRG 298	3
CSER		<u>0</u>	STRG 325	2
	Total	13	CSER	0

Total 17

#### JUNIOR YEAR

EXSC 350	3	CRST 290		3
EXSC 351	1	EXSC 333		3
SMGT 300	3	EXSC 410		3
STRG 335	2	EXSC 411		1
STRG 340	3	EXSC 461		3
STRG 398	2	STRG 345		2
CSER	<u>0</u>	CSER		0
	Total 14		Total	15

#### SENIOR YEAR

SMGT 400		3	EVAN 101	2
STRG 401		1	THEO 202	2
STRG 440		3	Cultural Studies Elective <sup>1</sup>	3
STRG 480		3	STRG 499	4-5
Cognate Elective <sup>3,4</sup>		1	Elective	3
Elective		3	CSER	<u>0</u>
CSER		0		Total 14-15
	Total	14		

Notes

All applicable prerequisites must be met

<sup>1</sup>Refer to the list of approved general education electives at <u>www.liberty.edu/gened</u> before enrolling in foundational skills requirements <sup>2</sup>All students must pass the Computer Assessment OR complete applicable INFT course; refer to <u>www.liberty.edu/computerassessment</u> for more information

<sup>3</sup>Choose one of the following courses: EXSC 486<sup>4</sup>, PHED 101-221, or PHED 228-237

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