

# EXERCISE SCIENCE & WELLNESS (M.S.) - NUTRITION & WELLNESS

**Important:** This degree plan is effective for those starting this degree program in fall 2025 through summer 2026. This degree plan will remain in effect for students who do not break enrollment or who do not change degree programs, concentrations, or cognates.

| Code                | Title                                    | Hours     |
|---------------------|--|-----------|
| <b>Core Courses</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 and Programming       | 3         |
| HLTH 640            | Principles of Nutrition                  | 3         |
| <b>Total Hours</b>  |  | <b>15</b> |

| Code  | Title  | Hours     |
|---|--|-----------|
| <b>Nutrition &amp; Wellness Concentration</b> |  |           |
| EXSC 640                                      | Public Health and Physical Activity  | 3         |
| EXSC 650                                      | Promoting Physical Activity in the Community                                   | 3         |
| HLTH 643                                      | Public Health Nutrition  | 3         |
| HLTH 644                                      | Diabetes, Obesity and Eating Disorders   | 3         |
| HLTH 645                                      | Performance Nutrition for the Physically Active                                | 3         |
| Choose three credit hours of the following:   |  | 3         |
| CEFS 502                                      | Human Growth and Development   |           |
| EXSC 505                                      | Foundations of Human Performance   |           |
| EXSC 550                                      | Advanced Biomechanical Analysis  |           |
| EXSC 633                                      | Exercise and Physical Activity for People with Disabilities                    |           |
| EXSC 635                                      | Exercise Prescription for Special Populations: Cardiac and Pulmonary Disorders |           |
| HLTH 632                                      | Health Program Planning  |           |
| LIFC 501                                      | Introduction to Life Coaching  |           |
| LIFC 601                                      | Health and Wellness Coaching   |           |
| <b>Total Hours</b>                            |  | <b>18</b> |

*All applicable prerequisites must be met*

## Graduation Requirements

- Complete 33 total 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 course work 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

## Program Offered in Resident & Online Format Course Sequence

| Course                 | Title   | Hours     |
|------------------------|---|-----------|
| <b>First Year</b>      |   |           |
| <b>First Semester</b>  |   |           |
| EXSC 510               | Advanced Exercise Physiology                    | 3         |
| EXSC 520               | Statistical Analysis in Exercise Science        | 3         |
| EXSC 525               | Research Methods in Exercise Science            | 3         |
| <b>Hours</b>           |   | <b>9</b>  |
| <b>Second Semester</b> |   |           |
| EXSC 640               | Public Health and Physical Activity             | 3         |
| EXSC 660               | Fitness Assessment and Programming              | 3         |
| HLTH 640               | Principles of Nutrition                         | 3         |
| <b>Hours</b>           |   | <b>9</b>  |
| <b>Second Year</b>     |   |           |
| <b>First Semester</b>  |   |           |
| EXSC 650               | Promoting Physical Activity in the Community    | 3         |
| HLTH 643               | Public Health Nutrition                         | 3         |
| HLTH 645               | Performance Nutrition for the Physically Active | 3         |
| <b>Hours</b>           |   | <b>9</b>  |
| <b>Second Semester</b> |   |           |
| HLTH 644               | Diabetes, Obesity and Eating Disorders          | 3         |
| Elective <sup>1</sup>  |   | 3         |
| <b>Hours</b>           |   | <b>6</b>  |
| <b>Total Hours</b>     |   | <b>33</b> |

<sup>1</sup> Choose one course from the following: CEFS 502, EXSC 505, 550, 633, 635, HLTH 632, LIFC 501, or 601