

# HEALTH SCIENCES (PH.D.) - EXERCISE & SPORT SCIENCE

**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>Research Core Courses</b>		
HSCI 701	Theories and Methods of Health Science Research	3
HSCI 702	Health Sciences Scholarship and Literature	3
HSCI 703	Quantitative Research Methods and Statistics I	3
HSCI 704	Research Mentorship	1
HSCI 705	Ethical Issues in Health Science	3
HSCI 810	Advanced Literature Review	3
HSCI 815	Qualitative Research Methods and Analysis	3
HSCI 820	Quantitative Research Methods and Statistics II	3
HSCI 850	Dissertation Mentorship	2
<b>Total Hours</b>		<b>24</b>

Code	Title	Hours
<b>Health Science Electives</b>		
Elective <sup>1</sup>		3
Elective <sup>1</sup>		3
<b>Total Hours</b>		<b>6</b>

<sup>1</sup> Choose from the following courses: EXSC 665<sup>2</sup>, HSCI 720, or HSCI 730<sup>3</sup>.

<sup>2</sup> It is strongly recommended that students in the Exercise and Sport Science cognate take EXSC 665 as one of their electives, as it is a prerequisite to EXSC 760.

<sup>3</sup> Students in the Exercise and Sport Science cognate who do not have a nutrition course in their master's coursework which can serve as a prerequisite fulfillment to EXSC 645, can take HLTH 640 in place of HSCI 730.

Code	Title	Hours
<b>Exercise &amp; Sport Science Cognate</b>		
EXSC 645	Performance Nutrition for the Physically Active	3
EXSC 670	Physiological Interactions of Performance Enhancing Substances	3
EXSC 680	Occupational and Environmental Physiology	3
EXSC 750	Advanced Sport Biomechanics	3
EXSC 760	Advanced Sport Performance Assessment and Programming	3
<b>Total Hours</b>		<b>15</b>

Code	Title	Hours
<b>Dissertation Courses <sup>1</sup></b>		
HSCI 987	Dissertation I	5
HSCI 988	Dissertation II	5
HSCI 989	Dissertation III <sup>2</sup>	5

Code	Title	Hours
HSCI 990	Dissertation IV	0
<b>Total Hours</b>		<b>15</b>

<sup>1</sup> Once the student enters the Dissertation phase, he/she must maintain continuous enrollment (Fall, Spring, and Summer semesters) until all degree requirements are completed.

<sup>2</sup> Any student who is not ready for enrollment in HSCI 990 after completing HSCI 989 may be required, as determined by the student's dissertation chair, to repeat HSCI 989 until deemed ready for enrollment in HSCI 990.

*All applicable prerequisites must be met*

## Graduation Requirements

- Complete 60 hours
- A maximum of 50% of a post-graduate and doctoral degree 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 grades lower than B- may be applied to the degree
- Degree must be completed within 7 years
- Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date

## Program Offered in Online Format Course Sequence

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
HSCI 705	Ethical Issues in Health Science	3
HSCI 710	Healthcare Delivery Systems	3
HSCI 715	Cultural Competency in Health Sciences	3
<b>Hours</b>		<b>9</b>
<b>Second Semester</b>		
HSCI 720	Principles and Theories of Teaching in the Health Professions	3
HSCI 725	Leadership in Professional Practice	3
HSCI 730	Risk Management in Health Sciences	3
<b>Hours</b>		<b>9</b>
<b>Second Year</b>		
<b>First Semester</b>		
HSCI 735	Evidence Based Practices in Health Sciences	3
HSCI 810	Advanced Literature Review	3
HSCI 815	Qualitative Research Methods and Analysis	3
<b>Hours</b>		<b>9</b>
<b>Second Semester</b>		
EXSC 665	Physiology of Sport Performance and Conditioning	3
EXSC 670	Physiological Interactions of Performance Enhancing Substances	3

Course	Title	Hours
HSCI 820	Quantitative Research Methods and Statistics II	3
<b>Hours</b>		<b>9</b>
<b>Third Year</b>		
<b>First Semester</b>		
EXSC 680	Occupational and Environmental Physiology	3
EXSC 750	Advanced Sport Biomechanics	3
EXSC 760	Advanced Sport Performance Assessment and Programming	3
<b>Hours</b>		<b>9</b>
<b>Second Semester</b>		
HSCI 987	Dissertation I <sup>1</sup>	5
<b>Hours</b>		<b>5</b>
<b>Fourth Year</b>		
<b>First Semester</b>		
HSCI 988	Dissertation II	5
<b>Hours</b>		<b>5</b>
<b>Second Semester</b>		
HSCI 989	Dissertation III <sup>2</sup>	5
<b>Hours</b>		<b>5</b>
<b>Fifth Year</b>		
<b>First Semester</b>		
HSCI 990	Dissertation IV <sup>2</sup>	0
<b>Hours</b>		<b>0</b>
<b>Total Hours</b>		<b>60</b>

<sup>1</sup> Once the student enters the Dissertation phase, he/she must maintain continuous enrollment (Fall, Spring, and Summer semesters) until all degree requirements are completed

<sup>2</sup> Any student who is not ready for enrollment in HSCI 990 after completing HSCI 989 may be required, as determined, by the student's dissertation chair, to repeat HSCI 989 until deemed ready for enrollment in HSCI 990