

EXERCISE SCIENCE MAJOR (B.S.)

Purpose

The Bachelor of Science in Exercise Science major is designed to produce exercise science professionals who will impact the world of sports, fitness, and wellness. This major provides the student with the knowledge, skills, and abilities to assess, prescribe exercise for, and monitor clients in a variety of health, wellness, and fitness settings. The student will gain experience with a thorough immersion into the field of exercise science by using a combination of classroom, laboratory, practicum, and internship experiences taught from a distinctly biblical worldview.

Program Learning Outcomes

The student will be able to:

- Demonstrate proficiency in basic knowledge of entry-level exercise science professionals.
- Communicate effectively in the area of exercise science.
- Plan, implement, and evaluate exercise science related programming.
- Evaluate research data and apply research techniques.
- Integrate the biblical worldview within the field of exercise science.

Therapeutic Science Concentration

The student will be able to:

- Synthesize knowledge of clinical skills with therapeutic rehabilitation theory.

Program Application Procedures

Acceptance to Liberty University does not guarantee acceptance into the Exercise Science Program (ESP). Entrance into the ESP can be competitive and students must gain entry into the program via the following process:

Program Acceptance: Students interested in becoming part of the Exercise Science Program may initially declare Exercise Science as their major, but declaring Exercise Science as your major does not imply acceptance into the Exercise Science program. Students interested in becoming part of the Exercise Science Program at Liberty University should apply using instructions in the program Admission & Retention Guidelines document located on the Liberty University Exercise Science webpage once the student has met the requirements for full acceptance listed below.

Full Acceptance: Full acceptance into the Exercise Science program will be based upon the successful completion of all requirements during the program acceptance phase and selection by the Exercise Science admissions committee. Application for acceptance can be made twice per year: by November 15th for spring acceptance and by April 15th for fall acceptance.

Process and Requirements for Full Acceptance

During the students Program Acceptance phase, application for full acceptance to the program can be initiated. Grades will be reviewed at the end of the semester, with final acceptance contingent upon the

successful completion of those courses. The student must meet the following criteria and provide the following information/documentation:

- Candidate must be in good academic standing with the University.
- Must show proof of current student membership to the American College of Sports Medicine.
- Must show proof of current First Aid and CPR certification.
- The certification must be maintained throughout the student's enrollment in the program.
 - Must include adult, child, and infant
 - Must have a 'hands-on' component
 - Must be from one of the following organizations:
 - American Red Cross
 - American Heart Association
 - National Safety Council
- Cumulative GPA of 2.50 or better.
- Have completed BIOL 213 Human Anatomy and Physiology I (3 c.h.)/BIOL 214 Human Anatomy and Physiology I Lab (1 c.h.), BIOL 215 Human Anatomy and Physiology II (3 c.h.)/BIOL 216 Human Anatomy and Physiology II Lab (1 c.h.), EXSC 101 Introduction to Exercise Science (1 c.h.), and EXSC 310 Physiology of Exercise (3 c.h.) with a grade of 'C' or better.
- Completion of the online application.
- Completion of the Exercise Science Student Confidentiality Agreement.
- Completion of an essay in the application on "Why I want to be in the Exercise Science Program."

Transfer Students

Students transferring to Liberty University who are interested in entering the Exercise Science Program must follow the same process and procedures for entering the Exercise Science Program as outlined in the above section, 'Program Application Procedures.' Additionally, students must take all 400 level courses residually. Courses at the 400 level cannot be transferred into the Exercise Science Program unless transferring from a CAAHEP/CoAES accredited program.

Fees and Expenses

In addition to university tuition and fees, students enrolled in the Exercise Science program may incur additional expenses. These expenses include, but are not limited to: American College of Sports Medicine (ACSM) national and regional memberships, ACSM Exercise Physiologist certification exam, NSCA Strength and Conditioning Specialist certification exam, first aid and CPR certifications, transportation costs associated with off-campus practicum, internship, and related experiences; TB (PPD) skin test, cost of medical examination and background check, if required by practicum or internship site.

Program Retention Standards

Once admitted to the program, the student must demonstrate and maintain satisfactory academic progress as defined below:

- **Overall GPA:** Students will maintain a minimum cumulative GPA of 2.50. Students falling below a 2.50 GPA will be placed on probation for one semester. If, after one semester probation, the GPA remains below a 2.50, or falls below a 2.50 in any subsequent semester, the student will be dismissed from the program.

- **GPA in Major:** Students must achieve a “C” or better in all designated major courses (right side of the degree completion plan). A student, with permission of the Program Director, may repeat one major course in which the student failed to achieve the minimum grade of “C”. A second failure to receive a grade of “C” or better in any major course will result in dismissal from the program.
- **Course sequencing:** Students must complete each major course in the order prescribed unless approved by the Program Director.
- **Codes of Conduct:** Satisfactory behavior must be demonstrated, per the University's code of conduct as outlined in the *Liberty Way*.
- **Guidelines for appeal:** Students may appeal decisions concerning their status in the Exercise Science Program. In order to do so, the student must submit a written appeal to the Program Director within one week of the notification in question. The documentation must include a detailed justification for the appeal. Upon receipt of the appeal, the Exercise Science faculty will meet to review the matter. The student will be advised in writing as to the outcome of that discussion within two weeks.

Internship

Exercise Science students undertake an internship as the culminating experience of their degree program. Students may choose from a variety of approved internship sites that provide exceptional opportunities for the student to apply their knowledge, skills, and abilities acquired throughout the Exercise Science program in a professional setting. The internship also provides an opportunity for Exercise Science students to experience the careers that are available to them upon graduation.

- **Prerequisite:** The student has completed all Exercise Science course work and HLTH 333 Exercise and Sports Nutrition (3 c.h.), with a grade of ‘C’ or better; have a minimum overall GPA of 2.50 or better; have achieved a minimum score of 480 on the American College of Sports Medicine's Exercise Physiologist certification exam or minimum of 60% in both sections of the CSCS exam, and turned in the exam scoring sheet to the Program Director; or consent of the Exercise Science Program Director.

Programs of Study

Delivery Format: Residential Only

- Exercise Science (B.S.) - Fitness Specialist - Resident
- Exercise Science (B.S.) - Therapeutic Science - Resident

Career Opportunities

- Cardiopulmonary Rehabilitation Fitness Specialist
- Chiropractor
- Occupational Therapist
- Exercise Physiologist
- Fitness Facility of Wellness Center Owner/Operator
- Personal Trainer
- Physician
- Physician Assistant
- Physical Therapist
- Prosthetics Specialist
- Registered Dietician