

PHYSICAL EDUCATION & HEALTH MINOR - RESIDENT

Important: This minor plan is effective for those starting in fall 2025 through summer 2026. This minor plan will remain in effect for students who do not break enrollment or who do not change minors.

Code	Title	Hours
EXSC 302	Exercise and Sports Injuries	2
PHED 101	Physical Fitness	1
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
PHED 225	Weight Training/Conditioning	1
Physical Education Elective (300-400 level) ¹		3
SMGT 300	Introduction to Coaching	3
Choose two of the following courses:		2
PHED 200	Basketball/Soccer	
PHED 201	Flag Football/Innovative Games	
PHED 202	Racquet Sports	
PHED 203	Tumbling and Rhythmic Activities	
PHED 204	Softball/Volleyball	
PHED 205	Innovative Games	
Total Hours		15

¹ Choose any 300-400 level PHED course

All applicable prerequisites must be met

Completion Requirements

- 15 total hours
- 25% of the minor must be taken through Liberty University
- Minimum grade of "C" required for all upper-level courses in the Minor