

PHYSICAL EDUCATION & HEALTH (B.S.), NON-LICENSURE - RESIDENT

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.

General Education/Foundational Skills Requirements

Code	Title	Hours
Communication & Information Literacy ¹		
ENGL 101	Composition and Rhetoric	3
	Communications Elective	3
	Information Literacy Elective	3
	Information Literacy Elective	3
Technological Solutions & Quantitative Reasoning ¹		
UNIV 101	Foundational Skills	1
	Math Elective MATH 114 or higher	3
	Technology Competency ²	0-3
Critical Thinking ¹		
RLGN 105	Introduction to Biblical Worldview ³	2
	Critical Thinking Elective	3
Civic & Global Engagement ¹		
EVAN 101	Evangelism and the Christian Life ³	2
	Cultural Studies Elective	3
Social & Scientific Inquiry ¹		
	Natural Science Elective	3
	Social Science Elective	3
Christianity & Contexts ¹		
BIBL 105	Old Testament Survey	2
BIBL 110	New Testament Survey	2
THEO 201	Theology Survey I ³	2
THEO 202	Theology Survey II ³	2
Total Hours		40-43

¹ Refer to the list of approved general education electives before enrolling in foundational skill requirements

² All students must pass the Computer Assessment OR complete applicable INFT course

³ Students transferring in 45 or more UG credit hours will have the requirements of RLGN 105 and EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 and THEO 202 waived

Major Requirements

Code	Title	Hours
Major Foundational Courses		
BIOL 213	Human Anatomy and Physiology I ^{1,2}	3
BIOL 214	Human Anatomy and Physiology I Lab ^{1,2}	1

Code	Title	Hours
BIOL 215	Human Anatomy and Physiology II ^{1,2}	3
BIOL 216	Human Anatomy and Physiology II Lab ^{1,2}	1
Total Hours		8

¹ Course may fulfill select general education requirements.

² Minimum grade of "C" required

Code	Title	Hours
Major Core		
CRST 290	History of Life	3
EXSC 310	Physiology of Exercise	3
EXSC 311	Analysis of Human Movement	3
EXSC 320	Research and Statistics in Exercise Science	3
HLTH 216	Personal Health	3
HLTH 330	Human Nutrition	3
PHED 101	Physical Fitness	1
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
PHED 225	Weight Training/Conditioning	1
PHED 335	Adapted Physical Activity	2
PHED 336	Adapted Physical Activity Lab	1
	Physical Education Elective ¹	1
Total Hours		27

¹ Choose one course from PHED 216 Field Hockey (1 c.h.) - PHED 240 (c.h.)

Code	Title	Hours
Concentration		
HLTH 252	Drugs in Society	3
HLTH 402	The School Health Program ¹	3
HLTH 440	Methods and Resources in Teaching Applied Sciences in Schools ²	2
PHED 189	PE Observations in Schools	1
PHED 200	Basketball/Soccer	1
PHED 201	Flag Football/Innovative Games ¹	1
PHED 202	Racquet Sports ¹	1
PHED 203	Tumbling and Rhythmic Activities	1
PHED 204	Softball/Volleyball	1
PHED 205	Innovative Games ²	1
PHED 207	History and Foundations of Physical Education ²	2
PHED 405	Administration and Organization of Physical Education, Exercise and Fitness ²	3
PHED 450	Elementary Physical Education Methods & Behavior Management ¹	3
PHED 451	Secondary Physical Education Methods ²	3
SMGT 300	Introduction to Coaching	3
Total Hours		29

¹ Course offered in spring only

² Course offered in fall only

Code	Title	Hours
Free Electives		
Choose 9-16 credit hours of Free Electives ¹		9-16
Total Hours		9-16

¹ Honors Program students must take HONR 395 Quantitative Research Methods and Design (3 c.h.) in the fall of junior year

Additional Requirements

- First Aid/CPR Certification
- Swimming Proficiency

All applicable prerequisites must be met

Graduation Requirements

- **120** Total hours
- **2.0** Overall grade point average
- **30** Hours must be upper-level courses (300-400 level)
- **Grade of 'C'** Minimum required for all upper-level courses in the major
- **25%** Of major and concentration taken through Liberty University
- **30** Hours must be completed through Liberty University
- **Grad App** Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date
- **CSER** All requirements must be satisfied before a degree will be awarded

Course Sequence

Course	Title	Hours
First Year		
First Semester		
BIBL 105	Old Testament Survey	2
ENGL 101	Composition and Rhetoric	3
INQR 101	Inquiry	1
UNIV 101	Foundational Skills	1
Math Elective ¹		3
Natural Science Elective (BIOL 213/BIOL 214) ¹		4
PHED 101	Physical Fitness	1
PHED 207	History and Foundations of Physical Education ²	2
CSER		0
Hours		17
Second Semester		
BIBL 110	New Testament Survey	2
BIOL 215	Human Anatomy and Physiology II	3
BIOL 216	Human Anatomy and Physiology II Lab	1
Communications Elective ¹		3
Information Literacy Elective ¹		3
HLTH 216	Personal Health	3
PHED 200	Basketball/Soccer	1
CSER		0
Hours		16

Course	Title	Hours
Second Year		
First Semester		
RSCH 201	Research	3
THEO 201	Theology Survey I	2
Critical Thinking Elective ¹		3
Information Literacy Elective ¹		3
Social Science Elective ¹		3
Technology Competency ³		0-3
CSER		0
Hours		14-17
Second Semester		
RLGN 105	Introduction to Biblical Worldview	2
THEO 202	Theology Survey II	2
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
PHED 225	Weight Training/Conditioning	1
Elective		3
Elective		3
CSER		0
Hours		14
Third Year		
First Semester		
Cultural Studies Elective ¹		3
HLTH 252	Drugs in Society	3
PHED 189	PE Observations in Schools	1
PHED 203	Tumbling and Rhythmic Activities	1
PHED 205	Innovative Games ²	1
PHED 335	Adapted Physical Activity	2
PHED 336	Adapted Physical Activity Lab	1
Elective		3
CSER		0
Hours		15
Second Semester		
EXSC 310	Physiology of Exercise	3
HLTH 330	Human Nutrition	3
HLTH 402	The School Health Program ⁴	3
PHED 201	Flag Football/Innovative Games ⁴	1
PHED 202	Racquet Sports ⁴	1
PHED 204	Softball/Volleyball	1
PHED 450	Elementary Physical Education Methods & Behavior Management ⁴	3
CSER		0
Hours		15
Fourth Year		
First Semester		
CRST 290	History of Life	3
HLTH 440	Methods and Resources in Teaching Applied Sciences in Schools ²	2
PHED 405	Administration and Organization of Physical Education, Exercise and Fitness ²	3
PHED 451	Secondary Physical Education Methods ²	3

Course	Title	Hours
PHED Elective ⁵		1
Elective ⁶		3
CSER		0
Hours		15
Second Semester		
EVAN 101	Evangelism and the Christian Life	2
EXSC 311	Analysis of Human Movement	3
EXSC 320	Research and Statistics in Exercise Science	3
SMGT 300	Introduction to Coaching	3
Elective		3
CSER		0
Hours		14
Total Hours		120-123

¹ Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in foundational skills requirements

² Course offered in fall only

³ All students must pass the Computer Assessment OR complete applicable INFT course; refer to www.liberty.edu/computerassessment for more information

⁴ Course offered in spring only

⁵ Choose from PHED 216-240

⁶ Honors Program students must take HONR 395 in the fall of junior year