STRENGTH & CONDITIONING (B.S.) - COACHING - 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 8	& Information Literacy ¹		
ENGL 101	Composition and Rhetoric	3	
Communications	Elective	3	
Information Litera	acy Elective	3	
Information Litera	acy Elective	3	
Technological So	lutions & Quantitative Reasoning ¹		
UNIV 101	Foundational Skills	1	
Math Elective	MATH 114 or higher	3	
Technology Comp	petency ²	0-3	
Critical Thinking			
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			
Social & Scientifi	c 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	

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

Major Requirements

Code	Title	Hours
Major Foundation	al Courses	
	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
CRST 290	History of Life ¹	3
PSYC 101	General Psychology ¹	3
Total Hours		14

¹ Course may fulfill select general education requirements

² Minimum grade of "C" required

Code	Title	Hours
Major Core		
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
EXSC 310	Physiology of Exercise	3
EXSC 311	Analysis of Human Movement	3
EXSC 320	Research and Statistics in Exercise Science	3
EXSC 333	Ergogenic Aids in Sport	3
EXSC 350	Biomechanics	3
EXSC 351	Biomechanics Lab	1
EXSC 410	Applied Exercise Physiology	3
EXSC 411	Applied Exercise Physiology Lab	1
EXSC 461	Exercise Leadership	3
PHED 225	Weight Training/Conditioning	1
STRG 298	Practicum I	3
STRG 325	Advanced Strength Training	2
STRG 335	Speed, Agility, and Quickness	2
STRG 340	Essentials of Strength Training and Conditioning	j 3
STRG 345	Applied Strength Training and Conditioning	2
STRG 398	Practicum II	2
STRG 401	Seminar in Strength and Conditioning	1
STRG 440	Programming and Periodization for Strength and Conditioning	3
STRG 480	Essentials of Sport Science	3
STRG 499	Strength and Conditioning Field Experience 1	4-5
Total Hours		52-53

¹ All other Major Core courses must be completed prior to enrollment in STRG 499.

Code	Title	Hours
Cognate		
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
SMGT 300	Introduction to Coaching	3
SMGT 400	Sport and Exercise Psychology	3
Elective ^{1,2}		1
Total Hours		10

¹ Choose one of the following courses STRG 486¹, PHED 101-221, or PHED 228-237

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

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

Code	Title	Hours
Free Electives 1		
Choose 0-7 cred	lit hours of Free Electives	0-7
Total Hours		0-7

STRG 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers.

Additional Requirements

· First Aid/CPR Certification

All applicable prerequisites must be met

Graduation Requirements

- 120 Total hours
- 2.5 Overall grade point average
- 30 Hours must be upper-level courses (300-400 level)
- Grade of 'C' Minimum required for major and major foundational courses
- 50% Of major and cognate 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
Social Science Ele	ective (PSYC 101) ¹	3
ATTR 205	Musculoskeletal Terminology and Clinical Documentation	2
EXSC 101	Introduction to Exercise Science	1
CSER		0
	Hours	16
Second Semester		
BIBL 110	New Testament Survey	2
RLGN 105	New Testament Survey Introduction to Biblical Worldview	2
	New Testament Survey Introduction to Biblical Worldview	
RLGN 105	New Testament Survey Introduction to Biblical Worldview Elective ¹	2
RLGN 105 Communications Information Litera	New Testament Survey Introduction to Biblical Worldview Elective ¹	2
RLGN 105 Communications Information Litera	New Testament Survey Introduction to Biblical Worldview Elective ¹ acy Elective ¹ lective (BIOL 213/BIOL 214) ¹	2 3 3
RLGN 105 Communications Information Litera Natural Science E	New Testament Survey Introduction to Biblical Worldview Elective ¹ acy Elective ¹ lective (BIOL 213/BIOL 214) ¹	2 3 3 4
RLGN 105 Communications Information Litera Natural Science E Technology Comp	New Testament Survey Introduction to Biblical Worldview Elective ¹ acy Elective ¹ lective (BIOL 213/BIOL 214) ¹	2 3 3 4 0-3
RLGN 105 Communications Information Litera Natural Science E Technology Comp	New Testament Survey Introduction to Biblical Worldview Elective ¹ acy Elective ¹ lective (BIOL 213/BIOL 214) ¹ electicy ²	2 3 3 4 0-3 0
RLGN 105 Communications Information Litera Natural Science E Technology Comp CSER	New Testament Survey Introduction to Biblical Worldview Elective ¹ acy Elective ¹ lective (BIOL 213/BIOL 214) ¹ electicy ²	2 3 3 4 0-3 0

RSCH 201	Course	Title	Hours	
Information Literacy Elective ¹ 3 BIOL 215 Human Anatomy and Physiology II 3 BIOL 216 Human Anatomy and Physiology II Lab 1 EXSC 310 Physiology of Exercise 3 PHED 225 Weight Training/Conditioning 1 CSER 0 Hours 16 Second Semester Critical Thinking Elective ¹ 3 EXSC 311 Analysis of Human Movement 3 EXSC 311 Analysis of Human Movement 3 EXSC 320 Research and Statistics in Exercise Science 3 PHED 208 Motor Learning 2 PHED 209 Motor Learning Lab 1 STRG 325 Advanced Strength Training 2 CSER 0 Hours 17 Third Year First Semester EXSC 340 3 EXSC 350 Biomechanics Lab 1 SEXSC 351 Biomechanics Lab 1 STRG 398 <	RSCH 201	Research	3	
BIOL 215 Human Anatomy and Physiology II 3 BIOL 216 Human Anatomy and Physiology II Lab 1 EXSC 310 Physiology of Exercise 3 PHED 225 Weight Training/Conditioning 1 CSER Hours 16 Second Semester Critical Thinking Elective I 3 EXSC 311 Analysis of Human Movement 3 EXSC 320 Research and Statistics in Exercise Science 3 PHED 208 Motor Learning Lab 1 STRG 298 Practicum I 3 STRG 325 Advanced Strength Training 2 CSER 0 Third Year 17 Third Year EXSC 340 3 EXSC 350 Biomechanics 3 EXSC 351 Biomechanics Lab 1 SMGT 300 Introduction to Coaching 3 STRG 398 Practicum II 2 CSER 0 TAGS 33 Ergoegenic Aids in Sport 3	Information Litera			
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PHED 225 Weight Training/Conditioning 1		, , ,		
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Second SemesterEVAN 101Evangelism and the Christian Life2THEO 202Theology Survey II2		Hours	14	
THEO 202 Theology Survey II 2	Second Semester			
THEO 202 Theology Survey II 2	EVAN 101	Evangelism and the Christian Life	2	
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	Cultural Studies E		3	

Course	Title	Hours
STRG 499	Strength and Conditioning Field Experience	4-5
Elective		3
CSER		0
	Hours	14-15
	Total Hours	120-124

- Refer to the list of approved general education electives at www.liberty.edu/gened before enrolling in foundational skills requirements
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- Choose one of the following courses: EXSC 486, PHED 101-221, or PHED 228-237
- EXSC 486 is a recommended elective that includes the CSCS certification, which is an industry standard often required by employers