

# EXERCISE SCIENCE MAJOR

With a solid foundation in health, science, nutrition, and psychology, Judson's Exercise Science major will give you the edge you'll need to compete for employment opportunities in community and public wellness programs or pursue graduate training. Common career paths include personal training, coaching, physical therapy, occupational therapy, and fitness leadership.

## Program Goals

Students majoring in Exercise Science will:

- Develop, both personally and professionally, into well-educated, ethical, competent health professionals
- Understand and be prepared to deal effectively with critical issues in a changing global environment
- Be able to connect key concepts related to the historical and psychological foundations of health
- Demonstrate competency in the system aspects of health promotion and performance including but not limited to theories, cultural influences, the importance of collaborative relationships with stakeholders, and the importance of wellness across the lifespan
- Demonstrate competency in the methodological aspects of health promotion and performance including but not limited to person-centered communication, identifying resources, and using evidence-based information to promote active participation in activities that promote health
- Demonstrate competency in the professional aspects of health promotion and performance including but not limited to legal and ethical practices and personal growth
- Demonstrate competency in the project management aspects of health promotion and performance including but not limited to program design, marketing, and evaluation, use of media and technology to communicate with stakeholders, and proactive logistical practices
- Demonstrate competency in the contextual aspects of health promotion and performance including but not limited to self-awareness practices of identifying strengths and weaknesses, anticipating potential barriers, and adapting strategies to navigate a healthy lifestyle
- Engage in experiential learning designed to promote relevant career experience
- Synthesize and apply knowledge gained through their curricular coursework with a capstone experience
- Reflect on the Christian faith's implications as applied to life, work, and learning

## Important Notes

- 40% of major requirements must be completed at Judson.
- 40% of major requirements must be upper division.
- Students must choose either a BA with a concentration in Health Promotion/Performance or a BS with a concentration in Kinesiology.

## Gen Eds Required by Major

- ESS395 ESS Practicum (1 c.h.) (fulfills GEN301 Requirement)

## Major Requirements

Code	Title	Hours
<b>Major Core</b>		
BIO273	Anatomy and Physiology I w/Lab	4
BIO274	Anatomy and Physiology II w/Lab	4
BIO370	Kinesiology	3
BIO467	Exercise Physiology	3
ESS225	First Aid, CPR & AED Certification	1
ESS241	Principles of Personal and Community Health	3
ESS242	Foundations of Sport and Health	3
ESS346	Risk Management for Sport and Health Professionals	3
ESS372	Health Nutrition for Performance	3
ESS378	Sport and Exercise Psychology	3
ESS395	ESS Practicum	1
ESS450	Physical Activity Assessment and Measurement	3
ESS495	ESS Internship	12
<b>Total Hours</b>		<b>46</b>

## Health Promotion/Performance Concentration

Code	Title	Hours
<b>Concentration Requirements</b>		
ESS251	Lifespan Motor Development	3
ESS255	Principles of Coaching	2
ESS365	Essentials of Personal Training	3
ESS460	Health Education and Promotion	3
<b>Total Hours</b>		<b>11</b>

## Kinesiology Concentration

Code	Title	Hours
<b>Concentration Requirements</b>		
ESS336	Human Physiology	3
ESS374	Biomechanics	3
ESS470	Exercise Testing and Prescription w/Lab	3
ESS485	Research Methods in Exercise Sci	3
<b>Total Hours</b>		<b>12</b>

## Bachelor of Arts in Exercise Science (Four-Year Plan)

Academic planning is the student's responsibility. This Graduation Plan is designed to be a guide to assist students as they plan their course selections. This is only a suggested schedule, and is not a substitute for a student's Advising Worksheet, nor the Program Requirements in the Judson University Catalog. Actual course selections should be made with the advice and approval of an academic advisor. Students should become familiar with the catalog in effect at the time at which they entered the institution. Course requirements and sequencing may vary with AP courses, transfer courses, English/math placement, or other conditions.

A full-time course load for undergraduate students is 12-18 credits per semester. Illinois residents receiving state aid should register for 15 hours per semester.

In addition to the courses below, chapel is required for all traditional full-time students (i.e., those taking 12 or more credit hours), both residents and commuters. This course counts as 1 credit towards a student's full-time status within the term, but does not earn credits towards graduation.

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
GEN101 or ESS101	Questions of Life: Entering the Judson Conversation <sup>1</sup> or Wellness	1-2
ENG101	Expository Writing	3
Physical Activity course		1
ESS241	Principles of Personal and Community Health	3
ESS242	Foundations of Sport and Health	3
Any Elective		3
<b>Hours</b>		<b>14-15</b>
<b>Second Semester</b>		
ENG102	Critical Thinking and Writing	3
PSY111 or SOC151	Introduction to Psychology or Introduction to Sociology	3
Math based on ACT/SAT placement		3
Gen Ed Visual and Performing Arts Elective		3
ESS225	First Aid, CPR & AED Certification	1
Any Elective		3
<b>Hours</b>		<b>16</b>
<b>Second Year</b>		
<b>First Semester</b>		
BST110	Intro to the Christian Bible	3
HIS261	History of Civilization I	3
SPC120	Foundations of Speech	3
BIO273	Anatomy and Physiology I w/Lab	4
Any Elective		3
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
THS110	Christian Faith: Understanding and Application	3
BIO274	Anatomy and Physiology II w/Lab	4
ESS251	Lifespan Motor Development	3
ESS372	Health Nutrition for Performance	3
Any Elective		3
<b>Hours</b>		<b>16</b>
<b>Third Year</b>		
<b>First Semester</b>		
BIO467	Exercise Physiology	3
ESS346	Risk Management for Sport and Health Professionals	3
ESS450	Physical Activity Assessment and Measurement	3
ESS460	Health Education and Promotion	3
Any Elective		3
<b>Hours</b>		<b>15</b>
<b>Second Semester</b>		
HIS262	History of Civilization II	3
BIO370	Kinesiology	3
ESS255	Principles of Coaching	2
ESS365	Essentials of Personal Training	3
ESS395	ESS Practicum	1
<b>Hours</b>		<b>12</b>
<b>Fourth Year</b>		
<b>First Semester</b>		
ENG380	Literature, Community, and Human Flourishing	3

ESS378	Sport and Exercise Psychology	3
Any Elective		9
<b>Hours</b>		<b>15</b>
<b>Second Semester</b>		
GEN401	The Good Life: Continuing the Conversation	3
ESS495	ESS Internship	12
<b>Hours</b>		<b>15</b>
<b>Total Hours</b>		<b>119-120</b>

<sup>1</sup> First-time students (those entering college directly from high school) should take GEN101; transfer students should take ESS101

# Bachelor of Science in Exercise Science (Four-Year Plan)

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In addition to the courses below, chapel is required for all traditional full-time students (i.e., those taking 12 or more credit hours), both residents and commuters. This course counts as 1 credit towards a student's full-time status within the term, but does not earn credits towards graduation.

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
GEN101 or ESS101	Questions of Life: Entering the Judson Conversation or Wellness	1-2
ENG101	Expository Writing	3
ESS241	Principles of Personal and Community Health	3
Any Elective		6
<b>Hours</b>		<b>13-14</b>
<b>Second Semester</b>		
ENG102	Critical Thinking and Writing	3
PSY111 or SOC151	Introduction to Psychology or Introduction to Sociology	3
Physical Activity course		1
Gen Ed Visual and Performing Arts Elective		3
ESS225	First Aid, CPR & AED Certification	1
Any Elective		3
<b>Hours</b>		<b>14</b>
<b>Second Year</b>		
<b>First Semester</b>		
BST110	Intro to the Christian Bible	3
HIS261	History of Civilization I	3
SPC120	Foundations of Speech	3
BIO273	Anatomy and Physiology I w/Lab	4
Any Elective		3
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
THS110	Christian Faith: Understanding and Application	3

MAT211 or MAT215	Functions and Calculus I or Calculus w/Analytic Geometry I	3-5
BIO274	Anatomy and Physiology II w/Lab	4
ESS372	Health Nutrition for Performance	3
Any Elective		3
<b>Hours</b>		<b>16-18</b>
<b>Third Year</b>		
<b>First Semester</b>		
MAT311 or SSC391	Probability and Statistics w/Lab or Statistics and Research Design	4
BIO467	Exercise Physiology	3
ESS346	Risk Management for Sport and Health Professionals	3
ESS450	Physical Activity Assessment and Measurement	3
Any Elective		3
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
BIO370	Kinesiology	3
ESS336	Human Physiology	3
ESS395	ESS Practicum	1
Any Elective		6
<b>Hours</b>		<b>13</b>
<b>Fourth Year</b>		
<b>First Semester</b>		
GEN401	The Good Life: Continuing the Conversation	3
ESS374	Biomechanics	3
ESS378	Sport and Exercise Psychology	3
ESS485	Research Methods in Exercise Sci	3
Any Elective		3
<b>Hours</b>		<b>15</b>
<b>Second Semester</b>		
ESS470	Exercise Testing and Prescription w/Lab	3
ESS495	ESS Internship	12
<b>Hours</b>		<b>15</b>
<b>Total Hours</b>		<b>118-121</b>

<sup>1</sup> First-time students (those entering college directly from high school) should take GEN101; transfer students should take ESS101