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 personcentered communication, identifying resources, and using evidencebased 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 selfawareness 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
Major Core		
BIO273	Anatomy and Physiology I w/Lab	4
BI0274	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	t 3
ESS495	ESS Internship	12
Total Hours		46

Health Promotion/Performance Concentration

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

Kinesiology Concentration

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

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 fulltime students (i.e., those taking 12 or more credit hours), both residents and commuters. This course counts as 1 credit towards a student's fulltime status within the term, but does <u>not</u> earn credits towards graduation.

Course	Title	Hours
First Year		
First Semester		
GEN101 or ESS101	Questions of Life: Entering the Judson Conversation ¹ or Wellness	1-2
ENG101	Expository Writing	3
Physical Activity cours		1
ESS241	Principles of Personal and Community Health	3
ESS242	Foundations of Sport and Health	3
Any Elective		3
Any Lieouve	Hours	14-15
Second Semester	Tiouro	14 10
ENG102	Critical Thinking and Writing	3
PSY111	Introduction to Psychology	3
or SOC151	or Introduction to Sociology	Ū
Math based on ACT/S	AT placement	3
Gen Ed Visual and Per	forming Arts Elective	3
ESS225	First Aid, CPR & AED Certification	1
Any Elective		3
	Hours	16
Second Year		
First Semester		
BST110	Intro to the Christian Bible	3
HIS261	History of Civilization I	3
SPC120	Foundations of Speech	3
BI0273	Anatomy and Physiology I w/Lab	4
Any Elective		3
	Hours	16
Second Semester		
THS110	Christian Faith: Understanding and Application	3
BI0274	Anatomy and Physiology II w/Lab	4
ESS251	Lifespan Motor Development	3
ESS372	Health Nutrition for Performance	3
Any Elective		3
	Hours	16
Third Year		
First Semester		
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
	Hours	15
Second Semester		
HIS262	History of Civilization II	3
BI0370	Kinesiology	3
ESS255	Principles of Coaching	2
ESS365	Essentials of Personal Training	3
ESS395	ESS Practicum	1
	Hours	12
Fourth Year		
First Semester		
ENG380	Literature, Community, and Human Flourishing	3

15
12
Conversation 3
15
9
3
y

¹ 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)

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 fulltime students (i.e., those taking 12 or more credit hours), both residents and commuters. This course counts as 1 credit towards a student's fulltime status within the term, but does <u>not</u> earn credits towards graduation.

Course	Title	Hours
First Year		
First Semester		
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
	Hours	13-14
Second Semester		
ENG102	Critical Thinking and Writing	3
PSY111	Introduction to Psychology	3
or SOC151	or Introduction to Sociology	
Physical Activity course		1
Gen Ed Visual and Perform	ning Arts Elective	3
ESS225	First Aid, CPR & AED Certification	1
Any Elective		3
	Hours	14
Second Year		
First Semester		
BST110	Intro to the Christian Bible	3
HIS261	History of Civilization I	3
SPC120	Foundations of Speech	3
BI0273	Anatomy and Physiology I w/Lab	4
Any Elective		3
	Hours	16
Second Semester		
THS110	Christian Faith: Understanding and Application	3

Second Semester Kinesiology BI0370 Kinesiology ESS336 Human Physiology ESS395 ESS Practicum Any Elective Hours Tourth Year First Semester GEN401 The Good Life: Continuing the Conversation ESS378 Sport and Exercise Psychology ESS485 Research Methods in Exercise Sci Any Elective Image: Construction of the Conversation ESS470 Exercise Testing and Prescription w/Lab ESS495 ESS Internship		Total Hours	118-121
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Ioan Hours Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 or SSC391 or Statistics and Research Design Ioan BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Ioans Io		Hours	15
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Iours First Semester Io MAT311 Probability and Statistics w/Lab or SSC391 Io BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Io Io Forst Semester BI0370 Kinesiology ESS336 Human Physiology ESS395 ESS Practicum Any Elective Io Fourth Year First Semester Io Sigs374 Biomechanics ESS378 Sport and Exercise Psychology ESS455 Research Methods in Exercise Sci Any Elective Io	ESS495	ESS Internship	12
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Iours First Semester Io MAT311 Probability and Statistics w/Lab or SSC391 or Statistics and Research Design BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Io For Second Semester BI0370 Kinesiology ESS336 Human Physiology ESS395 ESS Practicum Any Elective Io Fourth Year First Semester Io Sign A Biomechanics ESS378 Sport and Exercise Psychology ESS455 Research Methods in Exercise Sci Any Elective Io	ESS470	Exercise Testing and Prescription w/Lab	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Iore Intrid Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 or Statistics and Research Design BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Intersection Intersection BI0370 Kinesiology ESS336 Human Physiology ESS335 ESS Practicum Any Elective Intersection Intersection Fourth Year First Semester Intersection GEN401 The Good Life: Continuing the Conversation ESS378 Sport and Exercise Psychology ESS485 Research Methods in Exercise Sci Any Elective Intersection	Second Semester		
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Ional Statistics of Performance Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 Ional Statistics and Research Design BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Ional Statistics Second Semester BI0370 Kinesiology ESS336 Human Physiology ESS335 ESS Practicum Any Elective Ional Statistics Fourth Year First Semester Ional Statistics ESS374 Biomechanics ESS378 Sport and Exercise Psychology ESS485 Research Methods in Exercise Sci		Hours	15
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Iours Third Year If First Semester Iours MAT311 Probability and Statistics w/Lab or SSC391 Iours BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Iours BI0370 Kinesiology ESS336 Human Physiology ESS336 Human Physiology ESS336 ESS Practicum Any Elective Iours Fourth Year Iours First Semester Iours GEN401 The Good Life: Continuing the Conversation ESS378 Sport and Exercise Psychology	Any Elective		3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Iours Intervention of Performance Mours Intervention of Performance Mours Intervention of Performance Intervention Interventinterventi	ESS485	Research Methods in Exercise Sci	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Iours Introduction of Performance Any Elective Iours Introduction of Performance Any Elective Introduction of Performance Introduction of Second Semester BI0370 Kinesiology ESS336 Introduction Introduction Introduction Introduction	ESS378	Sport and Exercise Psychology	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 16-1 BI0467 Exercise Physiology 1 ESS346 Risk Management for Sport and Health Professionals 1 ESS450 Physical Activity Assessment and Measurement 1 Any Elective 1 1 Second Semester 1 1 BI0370 Kinesiology 1 ESS336 Human Physiology 1 ESS335 ESS Practicum 1 Any Elective 1 1 Fourth Year First Semester	ESS374	Biomechanics	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 16-1 BI0467 Exercise Physiology 1 ESS346 Risk Management for Sport and Health Professionals 1 ESS450 Physical Activity Assessment and Measurement 1 Any Elective 1 1 BI0370 Kinesiology 1 ESS336 Human Physiology 1 ESS395 ESS Practicum 1 Any Elective 1 1 Fourth Year	GEN401	The Good Life: Continuing the Conversation	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 or Statistics and Research Design BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Hours 1 Second Semester BI0370 Kinesiology ESS336 Human Physiology ESS395 ESS Practicum Any Elective	First Semester		
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 or Statistics and Research Design BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Hours 1 Second Semester BI0370 Kinesiology ESS336 Human Physiology ESS395 ESS Practicum Any Elective	Fourth Year		
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 16-1 BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective 1 BI0370 Kinesiology ESS336 Human Physiology ESS395 ESS Practicum		Hours	13
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-11 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 or SSC391 or Statistics and Research Design BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Image: Colspan="2">Image: Colspan="2" Image: Colspan="2">Image: Colspan="2" Image: Colspan="	Any Elective		6
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 bi0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective Intersective Second Semester BI0370 Kinesiology	ESS395	ESS Practicum	1
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement Any Elective I Second Semester	ESS336	Human Physiology	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 16-1 BI0467 Exercise Physiology 1 ESS346 Risk Management for Sport and Health Professionals 1 ESS450 Physical Activity Assessment and Measurement 1 Any Elective 1 1	BI0370	Kinesiology	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Identify the second se	Second Semester		
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals ESS450 Physical Activity Assessment and Measurement		Hours	16
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 BI0467 Exercise Physiology ESS346 Risk Management for Sport and Health Professionals	Any Elective		3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 BI0467 Exercise Physiology	ESS450	Physical Activity Assessment and Measurement	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab or SSC391 or Statistics and Research Design	ESS346	Risk Management for Sport and Health Professionals	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester MAT311 Probability and Statistics w/Lab	BIO467	Exercise Physiology	3
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year First Semester			4
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1 Third Year		Probability and Statistics w/l ab	4
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Hours 16-1			
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance Any Elective Health Nutrition for Performance	Third Voor	Hours	10-18
BI0274 Anatomy and Physiology II w/Lab ESS372 Health Nutrition for Performance	Any Elective		-
BI0274 Anatomy and Physiology II w/Lab		Health Nutrition for Performance	3
· · · ·			4
MAT211 Functions and Calculus I 3			3-5

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