EXERCISE AND SPORT SCIENCE

Judson University’s Exercise and Sport Science Department endeavors to be a premier professional program attracting students interested in the field of recreation, sport, health and wellness, and physical education. We combine practical, hands-on experience with academic excellence—all filtered through a Christian worldview—to equip leaders who are well-trained and qualified for a variety of professions in the fields of sport administration, health and wellness, and physical education.

Additionally, the Exercise and Sport Science Department, through continued community engagement, is committed to the development of healthy lifestyles through education and experiences that can be appreciated by all Judson University students.

PROGRAM DISTINCTIVES

- Judson’s Exercise and Sport Science program is unique in its emphasis on the well-being of the whole person; body, mind, and spirit.
- The “Senior Circuit Program” is a unique service-learning opportunity in which Exercise and Sport Science students lead exercise for senior adults and sharpen skills that will be especially valuable as America’s population ages.
- The department hosts the Northern District of the Illinois Association of Health, Physical Education, Recreation, and Dance conference where students participate in and present on topics related to their field of study.
- Small class sizes mean that practical field experience and hands-on learning opportunities are more available than at larger programs.
- Located just minutes from Chicago and near several large suburban communities, Judson provides close access to professional internship opportunities within the sport, health and wellness fields.

MAJORS AND CONCENTRATIONS

MAJORS:
- Exercise and Sport Science
- K-12 Physical Education Specialist
- Secondary Physical Education

CONCENTRATIONS:
- Sport Administration
- Health and Wellness
- Endorsement in Health (for Education Majors)
CAREER PATHWAYS

With the academic, personal, and professional skills gained through these majors, graduates can pursue rewarding careers such as:

- Personal Fitness Trainer
- Recreation Supervisor
- Professional Team Coach
- Health Education Teacher
- Sports Information
- Sports Marketing
- Recreation Program Director
- Mentor
- Head Coach
- Physical Education Teacher

ORGANIZATIONS AND FIRMS WHERE ALUMNI ARE EMPLOYED:

- Private and Public Schools in the United States and Abroad
- Clarendon Hills Park District
- Buehler YMCA
- DuPage County
- Thunder Bay Soccer, Thunder Bay Canada
- Zeeland Public Schools (Mich.)

ALUMNI

JESS HART. Exercise Sport Science, 2007; Recreation Supervisor, Clarendon Hills Park District | “The Exercise Sport Science program at Judson prepared me for my current job by providing me with a solid foundation in many different areas of the workplace. It taught me the importance of communication in the business world, provided me with hands on experience that I put into practice on a regular basis and helped me understand how to work with a variety of different people.”

GUS SILVA. K-12 Physical Education with a Health Endorsement, 2008; Physical Education Teacher, Richmond Elementary | “In my fourth year of teaching, my Judson education is still the foundation that allows me to be successful. I received not only the tools to become a teacher, but also the desire to keep learning and the heart to serve others. When I think of the people that have had the greatest impact on my life personally and professionally, three of them are Judson professors.”

ABOUT JUDSON

Judson University ranks consistently among the Top Tier of Regional Colleges in the Midwest by U.S. News and World Report. A fully accredited, private Christian university of the liberal arts, sciences and professions, Judson offers Bachelor of Arts degrees for more than 50 majors/minors as well as adult degree programs and graduate programs. All majors offer opportunities for students to engage in internships, practicums, service-learning, or field experiences. Students also gain cross-cultural understanding through service-learning, mission trips, or studying abroad. Located just 40 minutes northwest of downtown Chicago, Judson offers a close-knit, Christian community with the benefits of a large urban setting, ideal for cultural activities, internships, and life after graduation.

FINANCIAL AID

Judson offers financial aid options for 90 percent of its students. Find out just how much value our students receive by visiting campus and meeting with our financial aid officers, who work to help students afford a Judson education. Scholarships for academics, honors, and co-curricular activities, such as athletics, music, and theatre are available to all majors.

For more information, visit www.JudsonU.edu