

JUDSON UNIVERSITY

FOUR YEAR PLAN

Academic planning is the student's responsibility. This Four Year 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 Degree Audit, nor 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.

Bachelor of Arts in Health Promotion and Performance

Fall 2021				Spring 2022			
MAT	Math based on ACT/SAT placement	3	APPREC	Gen Ed Visual and Performing Arts Elective	3		
ENG	English based on ACT/SAT placement	3	ENG	English based on ACT/SAT placement	3		
GEN 101	Questions of Life (<24 transfer hours)	1	PSY 111	Introduction to Psychology	3		
ESS 101	Wellness	1	ESS 251	Lifespan Motor Development	3		
ESS 132	Personal Fitness*	1	ELECTIVE	Any Elective	3		
ESS 241	Principles of Health	3					
ESS 242	Foundations of Sport and Health	3					
Total			Total			15	15
Fall 2022				Spring 2023			
HIS 261	History of Civilization I	3	THS 110	Christian Faith: Understanding & Application	3		
BST 110	Intro to the Christian Bible	3	ESS 346	Risk Management for Sport and Health Prof	3		
SPC 120	Foundations of Speech	3	BIO 274	Anatomy and Physiology II w/Lab	4		
BIO 273	Anatomy and Physiology I w/Lab	4	ESS 372	Health Nutrition for Performance	3		
ELECTIVE	Any Elective	3					
Total			Total			16	16
Fall 2023				Spring 2024			
ESS 378	Sport and Exercise Physiology	3	HIS 262	History of Civilization II	3		
ESS 393	ESS Colloquium	0	BIO 370	Kinesiology	3		
ESS 395	ESS Practicum	1	ESS 393	ESS Colloquium	0		
ESS 467	Exercise Physiology	3	ESS 460	Health Education and Promotion	3		
ESS 450	P.A. Assessment and Measurement	3	ELECTIVE	Any Electives	6		
ELECTIVE	Any Electives	6					
Total			Total			16	15
Fall 2024				Spring 2025			
ESS 393	ESS Colloquium	0	BST	Gen Ed Biblical Studies Elective	3		
ESS 480	Senior Seminar	3	ENG 36*/37*	Gen Ed English Elective	3		
ESS 495	ESS Internship	6-12	GEN 401	The Good Life: Continuing the Conversation	3		
ELECTIVE	Any Elective (depending on ESS 495)	0-6	ESS 393	ESS Colloquium	0		
			ELECTIVE	Any Elective	3		
Total			Total			15	12

NOTE: Illinois residents receiving state aid should register for 15 hours per semester.

Advising Notes:

*Students may also take ESS150 Intercollegiate Participation to meet this requirement