

Department of Kinesiology and Human Performance

Gaukler Wellness Center 149

Department Chair: Diane Burr, M.S., AT Ret

Assistant: Amber Olson

amber1.olson@vcsu.edu

800.532.8641 extension 37580

701.845.7580

www.vcsu.edu/academics/divisions/mshpe/hpe-dept/

The Department of Kinesiology and Human Performance is a multi-disciplinary program in which experiential and hands-on learning experiences are central to the core of all programs. Students are taught how to integrate theory into practices by applying learned concepts in various contexts.

The department is home to four distinct programs of study:

Athletic training cultivates a learner-centered community, preparing students to function as critical thinkers using evidence-based practices.

*Athletic Training majors are required to apply and be accepted into the professional phase of the Athletic Training program before entering the second year of study. Current Athletic Training information can be accessed on the VCSU Athletic Training Program website. (<http://www.vcsu.edu/academics/divisions/mshpe/hpe-dept/vp.htm?p=3307>)

Exercise Science and Sport Management (ESSM) is a major that offers students degree options in four concentrations:

- The Exercise Physiology concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-exercise-physiology-concentration-a>) seeks to develop knowledge to prepare students to enter graduate studies in fields such as Physical Therapy, Occupational Therapy, Exercise Physiology, and Sport Biomechanics.
- The Sport Management concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-sport-management-concentration-b>) aims to develop an understanding of the concepts and theories central to the field of sport management.
- The Applied Kinesiology concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-applied-kinesiology-concentration-c/#text>) is designed for the student who is interested in attaining entry-level positions in health, fitness, and sport related fields.
- The Strength & Conditioning Specialist concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-strength-conditioning-specialist-d>) seeks to develop professionals who are capable of developing training and conditioning regimens for athletic and fitness programs.

Health Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/health-education>) prepares students to become health education educators within secondary school systems. The curriculum seeks to enhance the student's knowledge in the health services, health in the environment, and health instruction in the public schools.

Physical Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/physical-education-k-12>) primarily prepares students

for teaching K-12 physical education. Simply defined, physical education seeks to prepare its students to teach others about the importance of human motion as it affects general health and well-being.

The department also offers minors and certificates of completion in athletic coaching, (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/athletic-coaching>) health education, (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/health-education>) physical education, (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/physical-education-elementary-secondary>) and strength and conditioning (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/strength-conditioning>).

Bratrud, Sharon (2014) Assistant Professor; B.S. Minnesota State University Moorhead, M.S. University of North Dakota; AT, LAT

Burr, Diane (1981) Professor; B.S., M.S. Northern State College; AT, LAT

Hunt, Rachele (2007) Assistant Professor; B.S. North Dakota State University, M.Ed. Valley City State University; AT, LAT

Milner, Sarah (2010) Assistant Professor; B.A. Dana College, M.A. Adams State College; CSCS

Williams, Angela (2014) Assistant Professor; B.S., M.Ed. Valley City State University, M.A. Western Michigan University

Majors

- Athletic Training – Composite (B.S.) (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/athletic-training>)
- Exercise Science & Sport Management – Composite (B.S.)
 - Applied Kinesiology Concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-applied-kinesiology-concentration-c/#text>)
 - Exercise Physiology Concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-exercise-physiology-concentration-a>)
 - Sport Management Concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-sport-management-concentration-b>)
 - Strength & Conditioning Specialist Concentration (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/exercise-science-sport-management-strength-conditioning-specialist-d>)
- Health Education (B.S. in Education) (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/health-education>)
- Physical Education – K-12 (B.S. in Education) (<http://catalog.vcsu.edu/undergraduate-catalog/programs/majors/physical-education-k-12>)

Minors

- Athletic Coaching (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/athletic-coaching>)
- Health Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/health-education>)



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- Physical Education (<http://catalog.vcsu.edu/undergraduate-catalog/programs/minors/physical-education-elementary-secondary>)

Certificates

- Athletic Coaching (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/athletic-coaching-certificate>)
- Strength & Conditioning (<http://catalog.vcsu.edu/undergraduate-catalog/programs/certificates/strength-conditioning>)