



Applied Kinesiology

About this Composite Major

The **Applied Kinesiology** program is designed for students interested in careers in non-teaching physical education, health education, and other fitness-related fields. The program is a part of the Kinesiology and Human Performance Department. Students enrolled in the program will develop an understanding of health and fitness-related services by providing students with field experiences mentored by professionals from their chosen fields.

The program of study aims to develop the concepts and theories of sport activities, along with the health and wellness behaviors of the general public. Students will acquire the skills needed to develop and/or assist other health and fitness professionals in publicly or privately owned and operated businesses.

Meet a Student



Modifying activity for my students was something that my learning in KHP helped me to do. I learned about different ways to challenge my students, but also learned about ways to modify activities for them to be able to gain confidence in their skills as well. - Katie Juarez, Angels Camp, California

Career Opportunities

2,557 jobs

listed in the upper Midwest in
this field last year

\$44,000

median salary for degree
holders

A degree in Applied Kinesiology from VCSU can open up opportunities you never thought possible. Career opportunities with an Applied Kinesiology degree can include:

- Personal Trainer
- Fitness Instructor
- Coach
- Professional Graduate Programs
- And MORE!



Get Involved in the Major

The **Kinesiology and Human Performance Club** empowers students by providing invaluable opportunities such as attending professional conferences, crafting resume materials, preparing for exams like the GRE and PRAXIS, navigating the application processes for professional graduate programs, and studying for certifications and credentialing exams. The club is dedicated to cultivating students' growth and achievement within their discipline, fostering success in both academic and professional environments.



Contact Information

Department Chair and Faculty Contact

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Campus Location

Gaukler Family Wellness & Physical Education Center 149,
(701) 845-7580

Schedule your visit today!

<http://visit.vcsu.edu/>

(701) 845-7101 or (800) 532-8641

About VCSU

Our Foundation

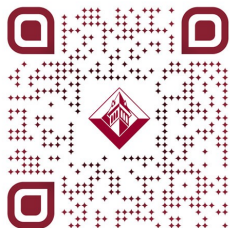
VCSU isn't just a place to get an education – it's a community built on tradition that is powered by bright, innovative students who bring new ideas and potential.

Our Students

Here, students can be individuals and embrace their genuine selves while taking advantage of opportunities only VCSU can provide. Take a look at our unique make-up of individuals from all over the globe and different backgrounds, and see what makes us a favored landing place for talented students. VCSU is a launchpad that will help students leap into their careers or prepare them for graduate-level education.

Department of Kinesiology and Human Performance Mission

The Department of Kinesiology and Human Performance exists to prepare students to succeed within their professional field of study. The department's mission is to cultivate a learner-centered community and prepare students to function as critical thinkers using evidence-based practices. The Department of Kinesiology and Human Performance incorporates Valley City State University's mission through the use of technology, active learning, and meaningful scholarship.



**Learn more
about studying
Applied
Kinesiology at
Valley City State
University**

Plan of Study

First Year

Fall	Credits	Spring	Credits
HPER 100 or 212 (Gen Ed)	2	HPER 108	1
HPER 127 or 208	3	HPER 207	2
English Composition (Gen Ed)	3	ENGL 125 (Gen Ed)	3
Math (Gen Ed)	3	Art and Music (Gen Ed)	3
Computer Science and Literacy (Gen Ed)	3	Lab Science (Gen Ed)	4
UNIV 150	1	Speech Communication (Gen Ed)	3
15		16	

Second Year

Fall	Credits	Spring	Credits
PSYC 111 (Gen Ed)	3	Literacies (Gen Ed)	3
Directed Electives	6	Social Science (Gen Ed)	3
Electives	6	Directive Electives	6
		Electives	3
15		15	

Third Year

Fall	Credits	Spring	Credits
HPER 240	3	HPER 210	1
Lab Science (Gen Ed)	4	Directed Electives	9
Directed Electives	6	Electives	5
Electives	3		
16		15	

Fourth Year

Fall	Credits	Spring	Credits
Additional Humanities (Gen Ed)	2	HPER 438 or 410 (HPER 438 is FALL only. HPER 410 is SPRING only)	3
Directed Electives	6	Directed Elective	6
Electives	6	Electives	6
14		15	

Total Credits 121

Learning Outcomes

1. Students describe key aspects in the prevention and care of athletic injuries.
2. Students will engage in reflective exercises exploring various occupations within the diverse field of Kinesiology, thereby equipping students with insights to make informed decisions regarding their professional career paths.
3. Students will create projects that demonstrate their understanding of managerial, fiscal and leadership concepts.
4. Students will demonstrate proficiency in first aid, CPR, & AED.