



## Exercise Science and Rehabilitative Studies

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### Major

The Department of Kinesiology and Human Performance is proud to offer a pathway to professional health programs through the Exercise Science Rehabilitative Studies (ESRS) program. The major is designed to provide the pre-requisite courses and curriculum for students wishing to pursue professional degrees in athletic training, physical therapy, occupational therapy, chiropractic, cardiac rehab and other rehabilitative health care professions.

The curriculum supports a hands-on approach to learning. Students have the opportunity to learn in a practical setting with professionals in the fields of study. Students entering the ESRS program will complete a field experience fostering a real-world experience to enhance their understanding of the daily requirements in their desired profession. The experiences in the ESRS program will prepare students for a smooth and successful transition to their professional graduate degree.

Imbedded in the ESRS program is a certificate of completion for strength and conditioning. The combination of required courses and the certificate of completion prepares students to sit for the Certified Strength and Conditioning Specialist (CSCS) exam. A highly sought credential for those interested in increasing marketability in their prospective professional setting.

### Possible careers:

- Athletic Training
- Physical Therapy
- Occupational Therapy
- Chiropractic
- Cardiac Rehab
- and other rehabilitative health care professions

### Get Involved in Your Major

The Exercise Science Club provides students opportunities to discuss current topics in the profession and provide community outreach programs. The club also works to provide opportunities for attendance at professional conferences in the region.

During my time in the Exercise Science Rehabilitative Studies program, I truly got an understanding and a feel for what I was wanting to do with my future. Through all the hands-on practical experience in each of the classes, the hands-on professors that were always willing to go over things again or meet and explain things further, it was easy to feel out what types of careers would be good for myself. Because of all of that, I finally found a profession that I can whole heartedly say will make me happy. The professors in this program helped show what a day in your professional careers could look like, while still giving you so much knowledge and

sharing their personal experiences to prepare you for it, and I think that is the biggest plus of this program. – McKenna Taylor

### Plan of Study

#### First Year

Fall	Credits	Spring	Credits
BIOL 150 (Gen Ed)	4	ENGL 125 (Gen Ed)	3
English Composition (Gen Ed)	3	HPER 128	3
HPER 127	3	Lab Science (Gen Ed)	4
Computer Science and Literacy (Gen Ed)	3	MATH 104, 107, or 210 (Gen Ed)	3
UNIV 150	1	PSYC 111 (Gen Ed)	3
Wellness (Gen Ed)	2		
	<b>16</b>		<b>16</b>

#### Second Year

Fall	Credits	Spring	Credits
HPER 109	3	Directed Elective	3
HPER 207	2	Directed Elective	3-4
HPER 210	1	HPER 259	3
HPER 258	3	Literacies (Gen Ed)	3
PHYS 211	4	PSYC 250	3
Speech Communication (Gen Ed)	3		
	<b>16</b>		<b>15-16</b>

#### Third Year

Fall	Credits	Spring	Credits
BIOL 220	4	BIOL 221	4
HPER 311	3	HPER 227	3
HPER 226	3	HPER 309	3
PSYC 370	3	HPER 384	3
Art and Music (Gen Ed)	3	Social Science (Gen Ed)	3
	<b>16</b>		<b>16</b>

#### Fourth Year

Fall	Credits	Spring	Credits
CHEM 121	5	Additional General Education	2
HPER 328	3	HPER 326	3
HPER 444	3	HPER 454	3
HPER 387 (Directed Elective)	3	MATH 321 or PSYC 330	3
	<b>14</b>		<b>11</b>

**Total Credits 120-121**

