



Exercise Science and Rehabilitative Studies



About this Composite Major

A Exercise Science and Rehabilitative Studies major is designed to prepare students for professional healthcare programs in **athletic training, physical therapy, occupational therapy, physician assistant, chiropractic, cardiac rehab, dietetics**, and other **rehabilitative healthcare** professions.

The courses are **taught by certified healthcare providers** and are hands-on and interactive. Students gain experience with state-of-the-art rehabilitative equipment in the classroom and in practical experience settings with healthcare professionals. The experiences and course content in the Exercise Science and Rehabilitative Studies (ESRS) program prepare students for a smooth and successful transition to their professional graduate degree.

As part of the ESRS program, students **earn a Strength and Conditioning certificate**. The combination of required courses and the strength and conditioning certificate prepares students to sit for the Certified Strength and Conditioning Specialist (CSCS) exam. This is a highly sought credential for those interested in increasing marketability in their prospective professional setting. In addition, students have an opportunity to earn a **Sport Nutrition Specialist credential, a High School Strength Coach Certified credential, and an Emergency Medical Responder certification**.

Career Opportunities

Use your Exercise Science and Rehabilitative Studies education for future career opportunities as an:

- **Athletic Trainer**
- **Physical Therapist**
- **Occupational Therapist**
- **Chiropractor**
- **Physician Assistant**
- **Cardiac Rehab**
- **Dietitian**
- **Other rehabilitative healthcare professions**

Meet a Student



During my time in the Exercise Science and Rehabilitative Studies program, I truly got an understanding and a feel for what I was wanting to do with my future. Through all of the hands-on practical experience in each of the classes and the professors who 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 wholeheartedly 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



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program. – McKenna Taylor - current Physician Assistant student



Contact Information

Department Chair and Faculty Contact

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Department Location

Gaukler Family Wellness & Physical Education Center, 149

Schedule your visit today!

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

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

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.



Plan of Study - Pre-Athletic Training, Pre-Chiropractic, Pre-Occupational Therapy

*Plans of study are adjusted to prerequisite courses reflecting specific professional school requirements.

First Year			
Fall	Credits	Spring	Credits
BIOL 150 (Gen Ed)	4	ENGL 125 (Gen Ed)	3
HPER 127	3	PSYC 111 (Gen Ed)	3
HPER 128	3	Math (Gen Ed)	3
Wellness (Gen Ed)	2	Lab Science (Gen Ed)	4
English Composition (Gen Ed)	3	Computer Science/Digital Literacy (Gen Ed)	3
UNIV 150	1		
	16		16
Second Year			
Fall	Credits	Spring	Credits
HPER 109 (Directed Elective)	3	HPER 259	3
HPER 207	2	PSYC 250	3
PHYS 211	4	Directed Elective	3
Speech Communication (Gen Ed)	3	Literacies (Gen Ed)	3
Directed Elective (PSYC 370 for OT)	3	Art or Music (Gen Ed)	3
	15		15
Third Year			
Fall	Credits	Spring	Credits
BIOL 220	4	BIOL 221	4
HPER 260	3	HPER 327	3
HPER 311 (Directed Elective)	3	HPER 309 (Directed Elective)	3
HPER 321	3	HPER 384	3
		Social Science (Gen Ed)	3
	13		16
Fourth Year			
Fall	Credits	Spring	Credits
CHEM 121	5	HPER 326	3
HPER 328	3	HPER 454	3
HPER 444	3	MATH 321 or PSYC 330	3
Electives	4	Additional Humanities or Social Science (Gen Ed)	2
		Electives	3
	15		14
Total Credits 120			

Please note: This plan is intended for general information only. Students are strongly encouraged to meet with their academic advisor each semester before registration.

Plan of Study - Pre-Physical Therapy

*Plans of study are adjusted to prerequisite courses reflecting specific professional school requirements.

First Year			
Fall	Credits	Spring	Credits
HPER 127	3	BIOL 151 (Directed Elective)	4
HPER 128	3	CIS 170 (Gen Ed)	3
BIOL 150 (Gen Ed)	4	PSYC 111 (Gen Ed)	3
ENGL 110 (Gen Ed)	3	ENGL 125 (Gen Ed)	3
HPER 100 or 212 (Gen Ed)	2	Math (Gen Ed)	3
UNIV 150	1		
	16		16
Second Year			
Fall	Credits	Spring	Credits
HPER 109 (Directed Elective)	3	HPER 259	3
HPER 207	2	PHYS 212 (Directed Elective)	4
PHYS 211 (Gen Ed)	4	PSYC 250	3
COMM 110 (Gen Ed)	3	Literacies (Gen Ed)	3
Elective	2	Art or Music (Gen Ed)	3
	14		16
Third Year			
Fall	Credits	Spring	Credits
HPER 311 (Directed Elective)	3	HPER 327	3
HPER 321	3	HPER 384	3
HPER 260	3	BIOL 221	4
BIOL 220	4	Social Science (Gen Ed)	3
PSYC 370 (Directed Elective)	3		
	16		13
Fourth Year			
Fall	Credits	Spring	Credits
HPER 328	3	HPER 326	3
HPER 444	3	HPER 387 (Directed Elective)	2
CHEM 121	5	HPER 454	3
PSYC 330 or MATH 321 ^{PSYC 330 Fall only - MATH 321 Spring only}	3	CHEM 122 (Directed Elective)	5
		Additional Humanities or Social Science (Gen Ed)	2
	14		15
Total Credits 120			



Plan of Study - Pre-Physician Assistant

*Plan of study may change based on prerequisite requirements for different professional programs

First Year			
Fall	Credits	Spring	Credits
HPER 127	3	CIS 170 (Gen Ed)	3
HPER 128	3	PSYC 111 (Gen Ed)	3
BIOL 150 (Gen Ed)	4	Math (Gen Ed)	3
UNIV 150	1	English Composition (Gen Ed)	3
English Composition (Gen Ed)	3	Directed Elective	4
Wellness (Gen Ed)	2		
	16		16
Second Year			
Fall	Credits	Spring	Credits
PHYS 211 (Gen Ed)	4	HPER 259	3
HPER 109 (Directed Elective)	3	PSYC 250	3
HPER 207	2	Literacies (Gen Ed)	3
Speech Communication (Gen Ed)	3	Directed Electives	6
Directed Elective	3		
	15		15
Third Year			
Fall	Credits	Spring	Credits
BIOL 220	4	HPER 327	3
HPER 260	3	HPER 384	3
HPER 321	3	BIOL 221	4
Art or Music (Gen Ed)	3	Social Science (Gen Ed)	3
Elective	3		
	16		13
Fourth Year			
Fall	Credits	Spring	Credits
HPER 328	3	HPER 326	3
HPER 387 (Directed Elective)	2	HPER 454	3
HPER 444	3	Additional Humanities or Social Science (Gen Ed)	2
CHEM 121	5	Electives	5
PSYC 330	3		
	16		13
Total Credits 120			

Plan of Study - VCSU-NDSU Accelerated Master's in Athletic Training

First Year					
Fall	Credits	Spring	Credits		
HPER 127	3	HPER 128	3		
CIS 170 (Gen Ed)	3	HPER 207	2		
PSYC 111 (Gen Ed)	3	BIOL 150 (Gen Ed)	4		
UNIV 150	1	Math (Gen Ed)	3		
English Composition (Gen Ed)	3	English Composition (Gen Ed)	3		
Wellness (Gen Ed)	2	Directed Elective	3		
Directed Elective	3				
	18		18		
Second Year					
Fall	Credits	Spring	Credits		
HPER 109	3	HPER 259	3		
HPER 311	3	HPER 384	3		
PHYS 211 (Gen Ed)	4	CHEM 121	5		
Additional Humanities or Social Science (Gen Ed)	2	PSYC 250	3		
Directed Elective	3	Speech Communication (Gen Ed)	3		
Literacies (Gen Ed)	3	HPER 210	1		
	18		18		
Third Year					
Fall	Credits	Spring	Credits	Summer	Credits
HPER 260	3	BIOL 221	4	HNES 780 - NDSU Directed Elective	3
HPER 328	3	MATH 321 or PSYC 330 MATH 321 (spring only) PSYC 330 (fall only)	3	HNES 720 - NDSU	3
HPER 444	3	HPER 309 (Directed Elective)	3	Start on NDSU's Campus	
BIOL 220	4	Social Science (Gen Ed)	3		



Art or Music (Gen Ed)	3	Directed Elective	5	
Directed Elective	2			
Apply to NDSU Graduate AT Program				
	18		18	6

Fourth Year

Fall	Credits	Spring	Credits	
HNES 770 - NDSU VCSU HPER 454	2	HPER 778 - NDSU	3	
HNES 781 - NDSU VCSU HPER 226	4	HNES 782 - NDSU VCSU HPER 227	5	
HNES 794 - NDSU VCSU HPER 487	2	HNES 794 - NDSU	3	
		Graduate from VCSU with an ESRS undergraduate degree		
	8		11	

Fifth Year

Fall	Credits	Spring	Credits	
HNES 774 - NDSU	3	HNES 772 - NDUS	2	
HNES 775 - NDSU	3	HNES 773 - NDSU	2	
HNES 776 - NDSU	3	HNES 794 - NDSU	5	
HNES 794 - NDSU	2			
	11		9	

Total Credits 153

Learning Outcomes

1. Students will demonstrate and apply knowledge of human anatomy and physiology principles.
2. Students will assess, critique, and analyze the appropriate knowledge and educational foundation to interpret evidence-based research.
3. Students will accurately evaluate orthopedic and non-orthopedic injuries and illnesses. Develop and implement therapeutic strategies for rehabilitation.
4. Students will develop communication skills using verbal, written, and electronic documentation appropriate for health care professions.