DIFFERENCE MAKERS  
Become One at VCSU

MAJOR
Exercise Science and Leisure Studies (Leisure Studies Concentration) is designed for the student who is interested in attaining entry-level positions in health and fitness related fields. The program of study in Sport and Wellness Studies aims to develop an understanding of the concepts and theories of sport activities, along with health and wellness behaviors of the general public. You will acquire the skill needed to develop and/or assist other health and fitness professionals in publicly or privately owned and operated businesses in the community.

PRACTICAL EXPERIENCE
The Leisure Studies major will also complete a supervised field experience. This involves the observation of professionals in the field, as well as a work related experience that places you in an environment where you can experience the day-to-day operations of the profession. Valley City Parks and Recreation and VCSU have provided the setting for the field experience.

QUOTE: “Valley City State University’s HPE Department provides an excellent learning environment and friendly faculty focused on the student’s success.”

Micah Hoy
2010 VCSU Graduate
Fitness Center Instructor/Certified Personal Trainer

TECHNOLOGY
- Notebook computers with DVD burners and multimedia capabilities
- Digital cameras, video cameras, and other peripherals
- Blackboard online learning environments
- Hydrostatic body composition, Lactate Analysis

CAREER SERVICES PROVIDES
- Career, job search, placement services free to all students
- Field trips, employer on-campus visits
- Information, networking opportunities and skill development
- Visit www.vcsu.edu/careerservices/

CAREER OPPORTUNITIES
Community Recreation including YMCA and Adventure Learning, Health and Fitness Clubs, Outdoor Recreation & Park Management, Sports Management, Therapeutic Recreation Agencies

Exercise Science & Leisure Studies
Leisure Studies
Division of Mathematics, Science and Health & Physical Education
1.800.532.8641 ext. 7168
Exercise Science and Leisure Studies - Leisure Studies Concentration C
Composite Major

MAJOR
Exercise Science and Leisure Studies (Leisure Studies Concentration) is designed for the student who is interested in attaining entry-level positions in health and fitness related fields. The program of study in Exercise Science and Leisure Studies aims to develop an understanding of the concepts and theories of sport activities, along with health and wellness behaviors of the general public. You will acquire the skill needed to develop and/or assist other health and fitness professionals in publicly or privately owned and operated businesses in the community.

LEARNING OUTCOMES
1. Demonstrate the ability to use content principles in practical applications concerning aspects of wellness.
2. Relate the evolving patterns in American society and the need for leisure activities.

ABILITIES
Communication
To convey thoughts, ideas, data, information, and messages effectively.

Problem Solving
To select and use appropriate and effective approaches and tools in solving a wide variety of problems.

Collaboration
To work together to reach a common goal.

Technology
Use technological tools and processes to improve learning, productivity, and/or performance.

For degree and graduation requirements see pages 39-40.

Department Chair
Diane Burr, M.S./A.T.C.
Graichen Gymnasium 002
(701) 845-7242

General Education Requirements 39 Hours

Communication & Collaboration 9 Hrs
- ENGL 110 College Composition I 3
- ENGL 125 Intro to Professional Writing * 3
- COMM 110 Fund of Public Speaking 3
- OR- COMM 212 Interpersonal Communication
- OR- COMM 216 Interpersonal Communication

Problem Solving 11 Hrs
Mathematics - 3 crs (Select one course)
- MATH 103 College Algebra
- MATH 104 Finite Mathematics
- MATH 107 Precalculus
- MATH 165 Calculus I

Lab Science - 8 crs (Select two courses)
- BIOL 111 Concepts of Biology
- ORM- CHEM 115 Introductory Chemistry*
- OR- BIOL 150 General Biology

GEOL 100, 106

PHYS 100, 110, 161, 162, 251, 252

TECH 161

Technology 3 Hrs
(Select one course)
- CIS 170 Intro to Computer Info Systems
- CSCI 127 Intro Java; CSCI 160 Intro Struc

Wellness 2 Hrs
- HPER 100 Concepts Fitness & Wellness

Aesthetic Engagement 6 Hrs
Literacies - 3 crs (Select one course)
- ENGL 220, 225, 241, 242, 261, 262

HUM 201 Civil, Thought, & Lit Heritage

SPAN 201 2nd Yr I; SPAN 202 2nd Yr II

THEA 110 Intro Theatre; THEA 161 Acting I

Art & Music - 3 crs (Select one course)
- ART 110 Introduction to Visual Arts
- HUM 202 Fine Arts & Aesthetics
- MUS 100 Music Appreciation
- MUS 101 Music Fundamentals
- MUS 207 History of Rock’n’Roll

Global Awareness & Effective Citizen 6 Hrs
(Select two courses)
- COMM 112 Under Media; COMM 114 Human;
- ECON 201 Prin Micro; ECON 202 Prin Macro
- GEOG 151 Human Geog
- HIST 103, 104, 211, 212, 260, 267, 270
- POLS 115 Amer Gov; POLS 116 State Gov
- PSYC 110 Intro Psych
- SOC 110 Intro to Sociology
- SOC 111 Intro Anthro

Additional General Education 2 Hrs
Select one additional course from the area of Aesthetic Engagement or Global Awareness or
- ART 112 (3), ART 231 (3), ART 281 (3), GEOG 111 (2), MUS 104 (1), MUS 105 (1), MUS 131 (1), MUS 141 (1), PHYS 275 (1), THEA 201 (1-3)
* Required course

Required Courses 13 Hours
- HPER 207 Prevent & Care of Athletic Inj 2
- HPER 208 Introduction to Physical Ed 2
- HPER 209 Sport Nutrition Concepts 3
- HPER 210 First Aid & CPR 1
- HPER 300 Drug Education 2
- HPER 350 Sport Ethics 2
- HPER 491 Senior Portfolio 1

Concentration C - Leisure Studies 25 - 27 Hrs

Required Courses:
- BOTE 314 Business Reports & Comm 3
- BOTE 336 Business Data Solutions 3
- HPER 109 Exercise Tech & Prog Design 3
- HPER 220 Practical App of Fitness Ed 3
- HPER 361 Ins & Org of Team Activities 2
- HPER 380 Human Sexuality 3
- HPER 400 Current Issues in Comm Hlth 2
- HPER 420 Rec & Leisure in Mod Society 2
- HPER 425 Soc/Pych Aspect of Sport & PE 2
- HPER 487 Field Experience Practicum 2-4

Directed Electives 14 Hrs
Students must select 14 credits from the menu below
- HPER 258 Applied Anat, Phys, & Human Performance 3
- HPER 259 Applied Anat, Phys, & Human Performance 3
- HPER 301 Phil & App of Football Coaching 2
- HPER 302 Phil & App of Basketball Coaching 2
- HPER 303 Phil & App of Volleyball Coaching 2
- HPER 304 Phil & App of Baseball/Softball Coaching 2
- HPER 305 Phil & App of Track & Field Coaching 2
- HPER 315 Elements of Health 3
- HPER 325 Elementary Physical Education 3
- HPER 338 Modern Sports Officiating 2
- HPER 360 Ins & Org of Ind/Dual Activities 3
- HPER 390 Fitness Assessment & Exercise Prescription 3

Total General Education 39 Hrs
Total Major Requirement 52-54 Hrs
Total Credits Needed to Graduate 120 Hrs