HEALTH, EXERCISE AND REHABILITATIVE SCIENCES

Maxwell Hall, Room 351, (507) 457-2600  
www.winona.edu/hers

Description/Objective:

The Department of Health, Exercise and Rehabilitative Sciences is committed to preparing competent, entry-level exercise physiologist, health educators, athletic trainers, and students well prepared for graduate study. Our goal is to prepare graduates who can serve the needs of Minnesota and the global community.

Career Opportunities

Upon completion of the Health Promotion: School Health, students have the skills and experience necessary to obtain a Minnesota teaching licensure (grades 5-12).

Upon completion of the Health Promotion: Community Health, students are eligible for entry level jobs as community health educators and health promoters in governmental agencies and non-governmental organizations such as the American Red Cross, American Cancer Society, American Heart Association, and the American Diabetic Society. It may also be used as a foundation for post-graduate study and is particularly useful for master's degree programs in public health, health promotion, or health education.

The B. S. Major in Exercise and Rehabilitative Science offers students three options. Students interested in working with cardiac or pulmonary patients in a clinical setting should choose Cardiopulmonary Rehabilitation. Students interested in exercise and health programming in a variety of settings should choose Exercise Science. Students interested in pursuing graduate studies in exercise or rehabilitative sciences (kinesiology, biomechanics, exercise physiology, physical therapy, occupational therapy, physician’s assistant, or chiropractic medicine) should choose Movement Science.

Winona State University has a long-standing tradition of graduates who become certified athletic trainers and make positive contributions to the allied health profession of athletic training. While some graduates secure positions with
professional or semi-professional teams, others find employment at universities, or clinic-high school level Athletic trainers. Still, others pursue post-graduate study in athletic training, human performance, exercise physiology, physical therapy, physician’s assistant, or chiropractic programs.

**High School Background**

It is important that students choosing a major in any of these programs be able to relate well to various populations – children to geriatric. Since many of the programs have a scientific foundation and require specific entry or exit Grade Point Averages, a good background in the sciences (social and natural), mathematics and humanities would be helpful.

**HERS Courses Approved for the University Studies Program:**

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<tr>
<th>U Studies-Phys Development/Wellness</th>
<th>204</th>
<th>Personal &amp; Community Health</th>
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<tr>
<td>U Studies-Phys Development/Wellness</td>
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<td>U Studies-Contemporary Cit/Democratic Inst</td>
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<td>Prof Issues in Exercise Science</td>
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<td>U Studies-Critical Analysis</td>
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<td>Education Topics/Issues</td>
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**Department Programs:**

**B.S. Major: Health Promotion**
- Community Health
- School Health

**B.S. Major: Exercise and Rehabilitative Science**
- Cardiopulmonary Rehabilitation
- Exercise Science
- Movement Science

**B.S. Major: Athletic Training**

**Declaring a Major:**

Declaration of a Health, Exercise, and Rehabilitative Science major can be done by completing the Declaration of Major form and delivering it to the department office, Maxwell 361.
First-Year Sample Program:

**Health Promotion: School & Community Health**

**Fall Semester**
- HERS 204: 3 cr.
- Biology 211: 4 cr.
- University Studies: Basic Skills: 4 cr.
- University Studies: Group Requirement: 6 cr.

**Spring Semester**
- HERS 288: 3 cr.
- Biology 212: 4 cr.
- University Studies: Basic Skills: 4 cr.
- University Studies: Group Requirement: 6 cr.

*(See Catalog for Professional Education requirements for Health Education)*

**Exercise and Rehabilitative Science: Cardiopulmonary Rehabilitation, Exercise Science, & Movement Science Majors**

**Note:** Must take Biology 211 & 212 this year. Basic Skills courses must be completed this year. HERS 204, 205, 235, & 280 may be taken either semester. Need 16 course credits/semester to graduate on time.

**Fall Semester**
- HERS 235: 3 cr.
- Biology 211: 4 cr.
- University Studies: Basic Skills: 6 cr.
- Suggest Stats 110 or 210
- Suggest English 111 or Speech 191
- University Studies: Group Requirement: 3 cr.
- Suggest HERS 204 or 205

**Spring Semester**
- HERS 280: 2 cr.
- Biology 212: 4 cr.
- University Studies: Basic Skills: 6 cr.
- Suggest English 111 or Speech 191
- University Studies: Group Requirement: 3 cr.
- Suggest HERS 205
- Suggest Psych 210

**Athletic Training Major**
- Biology 211 & 212 MUST be taken – a grade of “B” or better is preferred, but a “C” is acceptable.
- HERS 191 & 235 and basic skills courses should be taken during the year.
- GPA of 2.75 overall required
- GPA of 2.75 in Athletic Training Major
Applications to Athletic Training Major will be accepted at the end of fall semester sophomore year.

Biology 211 & 212, HERS 191, 292, 314 must be completed for acceptance

Detailed Application Information at www.winona.edu/AthleticTraining

Obtain First Aid and CPR certifications

**Fall Semester**

Biology 211 4 cr.
HERS 191 Intro to AT 1 cr.
STATS 110 or 210 3 cr.
ENG 111 or Speech 191 3 cr.

*Students begin* **Observation Hours with HERS 191 (50 hours each semester)** *and continue through application time.*

**Spring Semester**

Biology 212  A & P 4 cr.
HERS 235 Prof. Issues 3 cr.
PSY 210 General Psych 3 cr.
HERS 204 Personal/Comm Health 3 cr.
University Studies 3 cr.