

## FIRST YEAR

Choose 1 Communication  
 Choose 1 American History  
 MATH 1342 Elementary Statistical Methods  
 BIOL 2401 Anatomy and Physiology I  
 Choose 1 Integrative & Experiential Learning  
 UNIV 1301 Learning Framework  
 Choose 1 Communication  
 Choose 1 American History  
 BIOL 2402 Anatomy and Physiology II  
 Choose 1 Language, Philosophy & Culture  
 KINE 1306 First Aid and First Responder

## SECOND YEAR

Choose 1 Government/Political Science  
 NUTR 2351 Introduction to Clinical Nutrition  
 Choose 1 Creative Arts  
 X3XX Minor  
 HLTH 2301 Introduction to Health Education  
 Choose 1 Government/Political Science (Core)  
 Choose 1 SOCI 1301 Introduction to Sociology or PSYC 2301 General Psychology  
 X3XX HLTH Elective  
 Choose 1 Integrative & Experiential Learning  
 HLTH 2352 Personal Health

## THIRD YEAR

HLTH 3355 Health Behavior Theory  
 33XX-43XX HLTH Advanced Elective  
 X3XX Minor  
 X3XX HLTH Advanced Elective  
 33XX-43XX HLTH Advanced Elective  
 HLTH 3325 Latino Health  
 33XX-43XX HLTH Advanced Elective  
 HLTH 3360 Environmental Health  
 HLTH 3365 Health Communication  
 33XX-43XX Minor (Advanced)

## FOURTH YEAR

HLTH 4350 Organization of the Health Program  
 HLTH 4305 Community Health Methods  
 HLTH 4315 Health Program Planning & Evaluation  
 HLTH 3374 Human Disease  
 33XX-43XX HLTH Advanced Elective  
 HLTH 4380 Health Education Internship  
 Capstone  
 33XX-43XX HLTH Advanced Elective  
 X3XX Minor  
 33XX-43XX HLTH Advanced Elective  
 33XX-43XX Minor (Advanced)

Courses in red are part of the General Education Core Curriculum (GEC).  
 "Choose 1" indicates course options. If options are not listed, please review the General Education Core or the degree plan for this major: [www.utrgv.edu/degreepians](http://www.utrgv.edu/degreepians).

### 2019-2020 ACADEMIC PLAN

UTRio Grande Valley

BLUE  
 PRINT

### Degree Info

The Department of Health and Human Performance has a focus on preparing Health majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness

**HEALTH (BS)**  
**Catalog: 2019-20**  
**COLLEGE OF HEALTH PROFESSIONS**

### Contact Info

Dr. Zelma D. Mata  
 Department Chair  
 Zelma.mata@utrgv.edu

Administrative Assistant  
 Mr. Juan C. Ayala  
 956-882-8290  
 Juan.c.ayala01@utrgv.edu

Departmental Office Location:  
 Edinburg Campus: HPE1 1.110  
 956-665-3501  
 Brownsville Campus: BLHSB 2.730  
 956-882-8290

### Additional Info

- Must complete 60 hours of course work and have junior standing for enrollment in advanced courses.
- A grade of "C" or better must be maintained in all advanced coursework.

# BLUEPRINT EXPERIENCES

## FIRST YEAR

## SECOND YEAR

## THIRD YEAR

## FOURTH YEAR AND BEYOND

### MILESTONES

- UTRGV has a Writing Center and a Learning Center. Make it a point to visit them!
- Complete your core English classes (section 010) during your first year.
- Complete 30 credit hours every year in order to graduate in 4 years.
- Shoot for a GPA of 2.50.
- Take MATH 1314 in your first year.

### ADVICE & SUPPORT

- Meet with your academic advisor and bring your orientation folder with you to every session!
- Choose a major with confidence- Visit my.UTRGV.edu and check out MyMajors.
- Visit a faculty member during their office hours and ask a question about class.
- Classes fill up fast. When registration opens, be sure to register on the first day for your group.
- Cold or flu getting you down? We have Student Health Services on campus with free office visits.

### APPLY WHAT YOU LEARN

- Look for a service-learning course! For guidance, visit Engaged Scholarship & Learning Office.
- Participate in a campus-sponsored community service project.
- Ask a student in class to study with you.

### GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT

- Set up your profile on the Engagement Zone through My.UTRGV.edu.
- Attend a diversity based campus or community event (e.g. MLK Day of Service).
- Attend a departmental program such as Special Olympics Activities, Health Fairs, and sponsored activities.
- Join a student organization! Consider looking into Health and Kinesiology Club or visit VLink (utrgv.edu/vlink) for options.

### LIFE AFTER GRADUATION

- Create a résumé and set up your profile on the Handshake icon: (My.UTRGV.edu).
- Got summer plans? Visit Career Center and ask about places to do some job shadowing.
- Research shows that students who work on campus perform better than those who work off campus. Look for a job on Handshake!
- Check your UTRGV email for the daily Messenger- locate and attend one student workshop.

- Shoot for a GPA of 2.50.
- Complete major foundation classes, such as HLTH 2352, KINE 1301, KINE 1306.
- Complete 30 credit hours.

- Want to explore different careers? Check out MyMajors!
- Come ready with course suggestions and questions when you visit your academic advisor.
- Visit the Communication Hauser Lab for help with your speeches.
- Trouble making your tuition payment? The Financial Aid Office can help. Payment plans and emergency loans are also available

- To find undergraduate research opportunities, visit the Engaged Scholarship & Learning Office.
- Consider attending the LeaderShape Institute or attend the Engaged Scholar Symposium.

- Look at study abroad opportunities! Consider visiting with the Office of International Programs and Partnerships at STAC 3.128 Edinburg; and Main 1.308 Brownsville.
- Check out a cultural campus or community event such as HESTEC or FESTIBA.
- Join another student organization. Perhaps Grupo Folklorico Tizatlan, Exercise Science Club or visit VLink for options.
- Check out a campus event that offers free lunch- bring a friend!

- Update your resume in Handshake and have it reviewed.
- Visit the Career Center site to find a job fair to attend. At the event, approach a recruiter and discuss internships.
- Will a minor expand your career options? We recommend a minor in a teaching field.
- Explain to someone how your academic program aligns with your strengths and interests.

- Shoot for a GPA of 2.50.
- Complete 30 credit hours.
- Have you landed an internship or acquired research experience? This is the year to make it happen.

- Seek out research opportunities within your major and join a professional organization such as Health and Kinesiology Club email [maria.trinidad@utrgv.edu](mailto:maria.trinidad@utrgv.edu) for information.
- Check DegreeWorks to make sure you are on track for graduation next year.
- Apply for internship and/or job shadowing opportunities. Discuss this with your advisor, faculty mentor, or Career Center.

- Go show off your research, service learning or creative works at the Engaged Scholar Symposium!
- Sharpen your writing skills! Take an intensive writing course or become the secretary for your organization.

- Consider serving on a campus life/community committee or become a student leader and make a difference. Visit VLink or speak with your Student Government Association for more information!
- Travel the world! Look into study abroad opportunities at Office for International Programs & Partnerships.

- Check out the Health and Human Performance department website for postings on career/graduate school.
- Think about three people you can ask for letters of recommendation (professors, mentors, advisors, supervisors, etc.). Give them at least two weeks' advance notice!
- When is the deadline for your graduate school application? Visiting the program admissions webpage. Most do not accept late applicants!

- Shoot for a GPA of 2.50.
- "I have a plan for after graduation." If this describes you, great! If not, visit your Faculty Advisor or Career Center!
- Register for your Capstone/senior/portfolio project.
- Complete at least 30 credit hours to graduate.
- Submit your application(s) for graduate school, an apprenticeship, or for fulltime employment.

- Engage in an independent study project or an academic internship to complement your major.
- Discuss future plans with your faculty mentor or advisor that includes employment, finances, and other life goals.
- Apply for graduation one semester prior to your anticipated date. Visit the Academic Advising Center to ensure you are on track.

- Continue to present research or creative works at the Engaged Scholar Symposium or at research symposiums for students.
- Set up an informational interview with an individual (especially an alumnus) currently in the field you aspire to work in.

- Identify employers of interest and seek them out at job fairs, online, at on-campus information sessions, staffing agencies, etc. The Career Center can help.
- Before a job interview, schedule a mock interview with the Career Center or speech coaching with the Communication Hauser Lab.

- Have you received your acceptance for graduate school or an employment offer? If not, network: talk to faculty, the Career Center, and get on LinkedIn.
- Formulate and implement a strategy for life after graduation: attend career fairs, graduate fairs, apply to fellowships, etc.
- Update your information with Alumni Relations. Enjoy alumni mixers, events and continued access to Career Center services!
- Remember to do your exit loan counseling on studentloans.gov.

## CAREERS

- Health education:
  - Prevention
  - Promotion
- Assessment & evaluation
- Intervention:
  - Planning and development
  - Implementation
  - Evaluation
- Program development
- Colleges and universities
- Project management
- Research
- Research facilities
- Social marketing:
  - Mass media
  - Web-based
  - Organizational communication

For additional info, visit the Career Center website and check out "What Can I Do With This Major?" [www.utrgv.edu/careercenter](http://www.utrgv.edu/careercenter)