**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, delivery, and promotion of health, physical activity, and wellness.**

- **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.**

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**ACADEMIC PLAN**

**FIRST YEAR**

- Choose 1 Communication (Core)
- Choose 1 American History (Core)
- MATH 1342 Elementary Statistical Methods
- BIOL 2401 Anatomy and Physiology I

**SECOND YEAR**

- Choose 1 Language, Philosophy & Culture (Core)
- KINE 1301 Wellness
- Choose 1 Government/Political Science (Core)
- HLTH 2352 Personal Health

**THIRD YEAR**

- Choose 1 Creative Arts (Core)
- Choose 1 Minor
- Choose 1 Government/Political Policy
- HLTH 3305 Selected Topics in Health Education

**FOURTH YEAR**

- Choose 1 Minor (Advanced)
- Choose 1 HLTH Advanced Elective
- HLTH 3372 Human Disease
- HLTH 3374 Nutrition and Health Education
- HLTH 3325 Latino Health
- HLTH 3350 Organization of the Health Program
- HLTH 3372 Nutrition and Health Education
- HLTH 3305 Selected Topics in Health Education
- HLTH 4305 Community Health Methods
- HLTH 4315 Health Program Planning and Evaluation
- HLTH 4380 Principles of Public Health
- HLTH 4350 Community Health Education
- HLTH 4320 Human Disease
- HLTH 4372 Nutrition and Health Education

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**Contact Info**

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- **Departmental Office Location:**
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  956-665-3501
  Brownsville Campus: BLHSB 2.730
  956-882-8290

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**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.
**GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT**

- **FIRST YEAR**
  - Meet with your academic advisor and bring your orientation folder to your session!
  - Choose a major with confidence—visit my.utrgv.edu and check out the Kuder Journey.
  - Visit a faculty member during their office hours and ask a question about your class.
  - Classes fill up fast. When registration opens, be sure to register on the first day for your course.
  - Cold or flu getting you down? We have Student Health Services on campus with free office visits.
  - Look for a service-learning course! For guidance, visit the Engagement Scholarship & Learning Office.
  - Participate in a campus-sponsored community service project.
  - Ask a student in class to study with you.
  - 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 joining into Health and Kinesiology Club or visit Vlink (utrgv.edu/vlink) for options.

- **SECOND YEAR**
  - Want to explore different careers? Check out the Career Center work at Office of International Programs and Partnerships at STAC 3.128 Edinburg; and Main 3.308 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 the Engaged Scholarship & Learning Office.
  - Consider attending the LeaderShape Institute or the Engaged Scholar Symposium!

- **THIRD YEAR**
  - Go show off your research, service learning or creative works at the Engaged Scholar Symposium and/or the Engaged Scholar Symposium (ESLS). Sharpen your writing skills! Take an intensive writing skills 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.

- **FOURTH YEAR**
  - 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 professional organizations such as Health and Kinesiology Club email 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.

**LIFE AFTER GRADUATION**

- **FIRST YEAR**
  - Create a resume and set up your profile on the Career Connection (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 the Career Center portal!
  - Check your UTRGV email for the daily Messenger or locate and attend a student workshop.
  - Update your resume in Career Connection 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 the teaching field.
  - Explain to someone how your academic program aligns with your strengths and interests.

- **SECOND YEAR**
  - Complete major foundation classes, such as HLTH 2352, KINE 1301, KINE 1306.
  - Complete 30 credit hours.
  - Have you landed an internship or acquired research experience? This is the year to make it happen.

**MILESTONES**

- **FIRST YEAR**
  - 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.

- **SECOND YEAR**
  - Want to explore different careers? Check out the Career Center portal!
  - 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.

- **THIRD YEAR**
  - Go show off your research, service learning or creative works at the Engaged Scholar Symposium and/or the Engaged Scholar Symposium (ESLS). Sharpen your writing skills! Take an intensive writing skills course or become the secretary for your organization.

- **FOURTH YEAR**
  - 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 professional organizations such as Health and Kinesiology Club email maria.trinidad@utrgv.edu for information.

**ADVICE & SUPPORT**

- Check your UTRGV email for the daily Messenger for a job on the Career Center portal!
- Research shows that students who work on campus places to do some job shadowing.
- Create a résumé and set up your profile on the Career Connection through My.UtRGV.edu.
- Shoot for a GPA of 2.50.
- In 4 years.
- Set up your profile on the Engagement Zone through www.utrgv.edu/careercenter.