The Department of Health and Human Performance has a focus on preparing Exercise Science 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.
# BLUEPRINT EXPERIENCES

## MILESTONES

**FIRST YEAR**
- Aim for a GPA of 3.0.
- 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 3.0.
- Take MATH in your first year. See degree plan for options.
- 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.

**SECOND YEAR**
- Complete major foundation classes. See degree plan for options.
- Complete 30 credit hours.
- Complete the application to get into Exercise Science Program (Students will be required to have an overall 2.75 minimum GPA following second semester of Undergraduate course work and a minimum grade of B in Anatomy & Physiology I/Lab, Anatomy & Physiology II/Lab in order to transfer to the Exercise Science major).
- 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.

**THIRD 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 a professional organization.
- 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.

**FOURTH YEAR**
- "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/thesis/portfolio project. Please see degree plan for options.
- Complete at least 30 credit hours to graduate.
- Submit your application(s) for graduate school, an apprenticeship, or for fulltime employment.

## ADVICE & SUPPORT

**APPLY WHAT YOU LEARN**
- **Engaged Scholarship & Learning Office.** Visit my.UTRGV.edu/vlink.
- Participate in a campus-sponsored community service project.
- Ask a student in class to study with you.
- Set your profile on the Engagement Zone through my.UTRGV.edu. (especially an alumnus) currently in the field you aspire to work in.

**GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT**
- **Ask a student in class to study with you.**
- **Visit 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.**

**LIFE AFTER GRADUATION**
- **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? Discuss this with your Academic Advisor.**
- **Explain to someone how your academic program aligns with your strengths and interests.**
- **Check out our 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!**
- **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.**
- **Before a job interview, schedule a mock interview with the Career Center or speech coaching with the Communication Hauser Lab.**
- **What is your most memorable learning experience?**
- **Continue to engage in independent study projects or academic creative works at the Engaged Scholar Symposium!**
- **Continue to attend and/or present research or creative works at Local, State, and National conferences.**
- **Sharpen your writing skills! Take an intensive writing course, visit the Writing Center, or become the writing center.**
- **Travel the world! Look into study abroad opportunities!**
- **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!**

## CAREERS

- **Clinical Practice:**
  - Acute care
  - Neuro-rehab
  - Out-patient
- **Management**
- **Research**
- **Consultation**
- **Specialties:**
  - Pediatrics
  - Geriatrics
  - Sports medicine
  - Orthopedics
  - Neurology
  - Cardiopulmonary
  - Electrophysiology
  - Women's health

Please note that an undergraduate degree in exercise science with a physical therapy option does not qualify you to work as a physical therapist. After completing your bachelor’s degree, you must go on and earn a Doctor of Physical Therapy (DPT) degree and pass the state licensing exam in order to work as a licensed physical therapist. The careers listed below are for physical therapy:

- **Clinical Practice:**
  - Acute care
  - Neuro-rehab
  - Out-patient
- **Management**
- **Research**
- **Consultation**
- **Specialties:**
  - Pediatrics
  - Geriatrics
  - Sports medicine
  - Orthopedics
  - Neurology
  - Cardiopulmonary
  - Electrophysiology
  - Women's health

For additional info, visit the Career Center website and check out “What Can I Do With This Major?” at studentloans.gov.