

FIRST YEAR

Choose 1 Communication
 BIOL 2401 Anatomy and Physiology I
 MATH 1314 College Algebra
 Choose 1 American History
 Choose 1 Creative Arts
 UNIV 1301 Learning Framework
 Choose 1 Communication
 BIOL 2402 Anatomy and Physiology II
 Choose 1 American History
 Choose 1 Language, Philosophy & Culture
 PSYC 2301 General Psychology

SECOND YEAR

Choose 1 Government/Political Science
 KINE 1301 Wellness
 BIOL 1406 General Biology I
 SOCI 1301 Introduction to Sociology
 Choose 1 Integrative & Experiential Learning
 Choose 1 Government/Political Science
 BIOL 1407 General Biology II
 KINE 3353 Physiology of Exercise
 KINE 3153 Physiology of Exercise Lab
 KINE 3370 Biomechanics

THIRD YEAR

KINE 3360 Exercise Testing & Prescription
 KINE 3160 Exercise Testing & Prescription Lab
 KINE 4375 Motor Learning
 Choose 1 Integrative & Experiential Learning
 CHEM 1311 General Chemistry I
 CHEM 1111 General Chemistry I Lab
 KINE 4355 Pediatric Exercise Physiology
 HLTH 3372 Nutrition and Health
 CHEM 1312 General Chemistry II
 CHEM 1112 General Chemistry II Lab
 MATH 1342 Elementary Statistical Methods

FOURTH YEAR

KINE 3365 Physiology and Techniques of Strength/Power Fitness
 KINE 4351 Adapted Kinesiology
 KINE 4310 Measurement Techniques in Physical Education and Sport
 PHYS 1401 General Physics I
 33XX-43XX Free Adv. Elective (KINE 4370)
 KINE 4380 Exercise Science Internship
 KINE 4360 Clinical Exercise Physiology
 PHYS 1402 General Physics II
 PSYC 3337 Developmental Psych.: Lifespan
 33XX-43XX Free Advanced Elective

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/degreeplans.

2019-2020 ACADEMIC PLAN



EXERCISE SCIENCE (BS)
***Physical Therapy Option I**
Catalog: 2019-20
COLLEGE OF HEALTH PROFESSIONS

Degree Info

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.

Contact Info

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Additional Info

Admission requirements
 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. If admitted to the Exercise Science major, students are required to maintain a 2.75 GPA in their Core courses to remain in the program. Students who do not maintain this GPA will be placed on academic probation for one semester. If they do not meet the criteria after one semester, they will be dismissed from the program.

Progression requirements
 A grade of 'C' or better must be maintained in all advanced coursework.

This track is for those interested in applying to Physical Therapy programs after completing this degree.

BLUEPRINT EXPERIENCES

FIRST YEAR

SECOND YEAR

THIRD YEAR

FOURTH YEAR AND BEYOND

CAREERS

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 3.0
- Take MATH in your first year. See degree plan for options

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!
- Join a student organization! 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.

- Aim for a GPA of 3.0.
- 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

- To find undergraduate research opportunities, visit the Engaged Scholarship & Learning Office.
- Attend and/or present research or creative works at Local, State, and National conferences.
- Consider attending the LeaderShape Institute or attend the Engaged Scholar Symposium.

- Look at study abroad opportunities!
- Check out a cultural campus or community event such as HESTEC or FESTIBA.
- Join the Exercise Science student organization and/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? Discuss this with your Academic Advisor.
- Explain to someone how your academic program aligns with your strengths and interests.

- Aim for a GPA of 3.0.
- 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.

- Go show off your research, service-learning or 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 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 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!

- Aim for a GPA of 3.0.
- "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. 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.

- 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 and attend and/or present research or creative works at Local, State, and National conferences.
- 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.

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
- Education
- 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?" www.utrgv.edu/careercenter