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.

EXERCISE SCIENCE (BS)
*Occupational Therapy Option II
Catalog: 2019-20

COLLEGE OF HEALTH PROFESSIONS

U TRio Grande Valley

BLUE PRINT

EXERCISE SCIENCE (BS)
*Occupational Therapy Option II
### 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.
- 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!
- Choose a major with confidence—Visit MyUTRGV.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.
- 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.
- Set up your profile on the Engagement Zone through MyUTRGV.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.
- Create a résumé and set up your profile on the Handshake icon: MyUTRGV.edu.
- Get 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 for a job and its requirements. Check out the Handshake icon: MyUTRGV.edu.
- Ask a student in class to study with you.
- Update your résumé 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.
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- Cold or flu getting you down? We have Student Health Services on campus with free office visits.
- Update your information with the Alumni Relations. Enjoy alumni mixers, events, and continue access to Career Center services!
- Remember to do your exit loan counseling on studentloans.gov.

### CAREERS

- **Screening**
- **Evaluation**
- **Treatment:**
  - Physical
  - Psychosocial
  - Social
  - Vocational
- **Follow-up**
- **Administration**
- **Teaching**
- **Research**

For additional info, visit the Career Center website and check out “What Can I Do With This Major?” at www.utrgv.edu/careercenter