FOURTH YEAR

**Additional Info**

- All courses must be passed with a “C” minimum grade and need 60 earned hours to enroll in advanced courses in the major.
- Required to take and pass BIOL 2401 to enroll in KINE 3353 Physiology of Exercise
- Recommended to take and pass the PPR and content TExES for clearance to student teaching.
- Required to take the TExES for clearance to student teaching.
- Required to have taken and passed all major course requirement for clearance to student teaching.

**Department Chair**
Dr. Zelma D. Mata
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**Office Assistant**
Mr. Carlos 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

**Contact Info**

**Degree Info**

The Department of Health and Human Performance has a focus on preparing Kinesiology 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.

KINESIOLOGY (BS)
EC-12th Teacher Certification
Catalog: 2019-20
COLLEGE OF HEALTH PROFESSIONS

UTRio Grande Valley
## BLUEPRINT EXPERIENCES

### MILESTONES

**FIRST YEAR**
- Meet with your academic advisor and bring your placement test results.
- Choose a major with confidence. Visit MyUTRGV.edu to check out MyMajors.
- Visit a faculty member during their office hours and ask a question about class.
- Class fill up fast. When registration opens, be sure to register on the first day for your courses.
- Cold or flu getting you down? We have Student Health Services on campus with free walk-in clinic.

**SECOND YEAR**
- Set up your profile on the Engagement Zone through Engaged Scholarship & Learning Office.
- Participate in a campus-sponsored community service project.
- Ask a student in class to study with you.

**THIRD YEAR**
- Seek out research opportunities within your major and join a professional organization 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.

**FOURTH YEAR**
- Complete 30 credit hours.
- Have you landed an internship or acquired research experience? This is the year to make it happen.

### APPLY WHAT YOU LEARN

**FIRST YEAR**
- 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.

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

**THIRD YEAR**
- Do 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.

**FOURTH YEAR**
- 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.

### GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT

**FIRST YEAR**
- 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 2.75.
- Take MATH 1314 in your first year.

**SECOND YEAR**
- Complete major foundation classes, such as KINE 1306, 1311.
- Complete 30 credit hours.
- Apply to the Teacher Education program. The deadline is posted at the College of Education Partnership website: utrgv.edu/cop.

**THIRD YEAR**
- 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.

### LIFE AFTER GRADUATION

**FIRST YEAR**
- 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.

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

**THIRD YEAR**
- Do 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.

**FOURTH YEAR**
- Complete 30 credit hours.
- Have you landed an internship or acquired research experience? This is the year to make it happen.

### CAREERS

- Research
- Teaching
- Assessment & evaluation
- Program development
- Colleges and universities
- Athletic associations
- Research facilities

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**For additional information, visit the Career Center website and check out “What Can I Do With This Major?”**

www.utrgv.edu/careercenter

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**UTrío Grande Valley**