

FIRST YEAR

Choose 1	Communication
Choose 1	American History
BIOL 2401	Anatomy and Physiology I
Choose 1	Creative Arts
KINE 1351	Intro to Sports & Exercise Science
UNIV 1301	Learning Framework
Choose 1	Communication
Choose 1	American History
BIOL 2402	Anatomy and Physiology II
MATH 1314	College Algebra
Choose 1	Language, Philosophy & Culture

SECOND YEAR

Choose 1	Government/Political Science
KINE 1306	First Aid and First Responder
Choose 1	Integrative & Experiential Learning
KINE 2315	Individual Sports
EDFR 2301	Intercultural Context of Schooling
Choose 1	Government/Political Science
Choose 1	Social and Behavioral Sciences
KINE 3370	Biomechanics
KINE 3353	Physiology of Exercise
Choose 1	Integrative & Experiential Learning
XXXX	Minor

THIRD YEAR

KINE 4310	Measurement Techniques in Physical Education and Sport
KINE 4302	Kinesiology Curriculum for Elementary Students
KINE 3315	Advanced Sport Skills
KINE 4351	Adapted Kinesiology
KINE 4356	Motor Development
EDUC 3301	The Teaching Profession & Student Learning in Contemporary Schools
EDUC 3302	Knowledge of Student Development & Learning
EDUC 3306	Evidence-Based Teaching in Positive Learning Environments
EDUC 3304	Instructional Planning and Assessment in Culturally Sustaining Classrooms
XXXX	Minor
EDUC 4306	Implementing and Assessing Effective Secondary Content Pedagogy

FOURTH YEAR

READ 4305	Disciplinary Literacy in Content Area Classrooms
KINE 3314	Teaching Movement Arts to Children and Adolescents
KINE 4309	Kinesiology Curriculum for Secondary Students
KINE 3341	Principles of Conditioning & Fitness
XXXX	Minor
EDUC 4611	Student Teaching Secondary or All-Level
33XX-43XX	Minor (Advanced)
33XX-43XX	Minor (Advanced) or All-Level

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

UTRio Grande Valley

BLUE
PRINT

KINESIOLOGY (BS)

***EC-12th Teacher Certification**

Catalog: 2019-20

COLLEGE OF HEALTH PROFESSIONS

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.

Contact Info

Department Chair
Dr. Zelma D. Mata
Zelma.mata@utrgv.edu

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

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
- Apply for admission into teacher education program at the Certification Office in the College of Education P-16 Integration at junior status having met required exams and pre-requisite coursework. Must have minimum GPA 2.75.
- Check with department office on requirements to take the department benchmark for clearance for content TExES.
- Required to take and pass the PPR and content TExES for clearance to student teaching. Prepare to take the exams the semester before planning to student teach.
- Required to have taken and passed all major course requirement for clearance to student teaching.

BLUEPRINT EXPERIENCES

FIRST YEAR

SECOND YEAR

THIRD YEAR

FOURTH YEAR AND BEYOND

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 2.75.
- Take MATH 1314 in your first year.

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 such as Special Olympics Activities
- Join a student organization! Consider looking into Health and Kinesiology Club or 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.

- Shoot for a GPA of 2.75.
- Complete major foundation classes, such as KINE 1306, 1351.
- Complete 30 credit hours.
- Apply to the Teacher Education program. The deadline is posted at the College of Education P-16 Integration website: utrgv.edu/cep.

- 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.
- Consider attending the LeaderShape Institute or attend the Engaged Scholar Symposium.

- Look at study abroad opportunities! Consider visiting with the Office of International Programs and Partnerships at STAC 3.128 Edinburg and Main 1.308 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 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? We recommend a minor in a teaching field.
- Explain to someone how your academic program aligns with your strengths and interests.

- Shoot for a GPA of 2.75.
- 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 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.

- Go 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.

- 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 the Health and Human Performance 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!

- Shoot for a GPA of 2.75.
- "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.
- Complete at least 30 credit hours to graduate.
- Submit your application(s) for graduate school, an apprenticeship, or for fulltime employment.
- Take PPR and Content TExES semester before planning to student teach.

- Engage in an independent study project or an academic internship to complement your major, such as student teaching.
- 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 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.

- 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.

CAREERS

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

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