

Choose 1	Communication (Core)
BIOL 2401	Anatomy and Physiology I (Core)
MATH 1314	College Algebra (Core)
Choose 1	American History (Core)
Choose 1	Creative Arts (Core)
UNIV 1301	Learning Framework
Choose 1	Communication (Core)
BIOL 2402	Anatomy and Physiology II (Core)
Choose 1	American History (Core)
Choose 1	Government/Political Science (Core)
Choose 1	Free Elective

FIRST YEAR

Choose 1	Government/Political Science (Core)
Choose 1	Language, Philosophy & Culture (Core)
KINE 1301	Wellness
Choose 1	Free Elective
Choose 1	Free Elective
Choose 1	Free Elective
KINE 3370	Biomechanics
KINE 3353	Physiology of Exercise
KINE 3153	Physiology of Exercise Lab
PSYC 2301	General Psychology (Core)
Choose 1	Integrative and Experiential Learning
Choose 1	Integrative and Experiential Learning
Choose 1	Free Elective

SECOND YEAR

KINE 3360	Exercise Testing and Prescription
Choose 1	Free Elective
Choose 1	Free Elective
Choose 1	Free Elective
KINE 3160	Exercise Testing and Prescription Lab
KINE 4375	Motor Learning
Choose 1	Free Elective
HLTH 3372	Nutrition and Health
KINE 4355	Pediatric Exercise Physiology
Choose 1	Free Elective
Choose 1	Free Elective

THIRD YEAR

KINE 3365	Physiology and Techniques of
KINE 4351	Adapted Kinesiology
KINE 4310	Measurement Techniques in Physical
Choose 1	Free Advanced Elective
Choose 1	Free Elective
KINE 4380	Exercise Science
KINE 4360	Clinical Exercise
Choose 1	Free Elective
Choose 1	Free Elective
Choose 1	Free Advanced Elective

FOURTH YEAR

Additional Info

Admission requirements

For admission, students must complete of 60 hours of course work and have junior standing.

Progression requirements

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

Contact Info

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UTRioGrandeValley

BLUE
PRINT

EXERCISE SCIENCE (BS)
*Free Electives Option
Catalog: 2017-18
COLLEGE OF HEALTH AFFAIRS

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.

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

- Shoot for a GPA of 3.0.
- Complete major foundation classes. See degree plan for options.
- Complete 30 credit hours.

- Shoot 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.

- Shoot 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.

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 the Kuder Journey.
- 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.

- Want to explore different careers? Check out Kuder Journey!
- 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

- 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.

- 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.

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.

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

- Go show off your research, service-learning or creative works at the Engaged Scholar Symposium!
- Sharpen your writing skills! Take an intensive writing course, visit the Writing Center, or become the secretary for your organization.

- Continue to present research or creative works at the Engaged Scholar Symposium.
- Set up an informational interview with an individual (especially an alumnus) currently in the field you aspire to work in.

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.

- Look at study abroad opportunities!
- Check out a cultural campus or community event such as HESTEC or FESTIBA.
- Join another student organization. Visit VLink for options.
- Check out a campus event that offers free lunch- bring a friend!

- 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.

- 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.

LIFE AFTER GRADUATION

- Create a résumé and set up your profile on the Career Connection 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 the Career Center portal!
- Check your UTRGV email for the daily Messenger- locate and attend one student workshop.

- Update your resume in Career Connection 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.
- 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.

- Research
- Teaching
- Assessment and evaluation
- Program development
- Athletic training
- Personal training
- Rehabilitation
- Strength and conditioning
- Health club management
- Group fitness instruction
- Sport medicine
- Physical therapy
- Colleges and universities
- Public and private schools
- Sport medicine centers
- Hospitals and rehabilitation clinics
- Health clubs/fitness centers
- Professional teams
- Corporate health centers
- Professional fitness organizations:
 - American College of Sports Medicine
 - National Strength and Conditioning Association
- Olympic training centers
- Competitive youth training centers
- Nutritional supplement manufacturers

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