

Choose 1	Communication (Core)
Choose 1	American History (Core)
Choose 1	College Algebra
BIOL 2401	Anatomy and Physiology I
KINE 1301	Wellness
KINE 1301	Learning Framework
Choose 1	Communication (Core)
Choose 1	American History (Core)
Choose 1	Physiology II
Choose 1	Anatomy and Physiology (Core)
Choose 1	Integrative and Experiential Learning (Core)
Choose 1	Experiential Learning (Core)

FIRST YEAR

Choose 1	Language, Philosophy
Choose 1	Social and Behavioral Sciences (Core)
Choose 1	Government/Political Science (Core)
Choose 1	First Aid and First Responder
KINE 1306	Introduction to Sports and Exercise Science
Choose 1	Government/Political Science (Core)
Choose 1	Biomechanics
KINE 3370	Physiology of Exercise
KINE 3353	Motor Development
Choose 1	Free Elective

SECOND YEAR

HLTH 3372	Nutrition and Health
KINE 3341	Principles of Conditioning and
KINE 3314	Teaching Movement Arts to Children and Adolescents
Choose 1	Free Elective
Choose 1	Free Elective
Choose 1	Measurement
KINE 4310	Techniques in Physical Education and Sport
Choose 1	See Coaching Concentration on Degree Plan
KINE 4375	Motor Learning
KINE 3415	Advanced Sport Skills
KINE 4351	Adapted Kinesiology

THIRD YEAR

KINE 3365	Physiology and Techniques of Strength/Power Fitness
KINE 3368	Kinesiology Workshop
KINE 3330	Coaching of Sports
KINE 4402	Kinesiology Curriculum for Structure and Organization of Recreational Programs
KINE 4330	Sports Officiating
KINE 4382	Kinesiology Practicum
Choose 1	Free Advanced Elective
Choose 1	Free Advanced Elective
Choose 1	Integrative and Experiential Learning (Core)

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
- Must receive approval from instructor to register in KINE 4382 Kinesiology Practicum. Must be within 12 credit hours to graduate to take the course.
- A GPA of 2.5 or higher in each section is required for graduation.

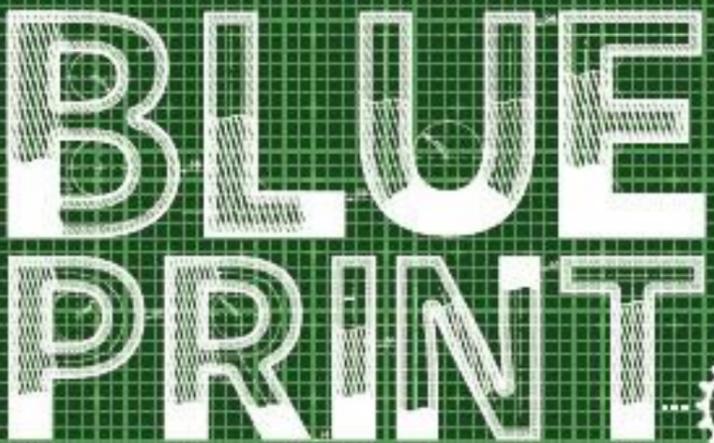
Contact Info

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

Administrative Assistant
 Ms. Alma Arteaga
 956-665-3501
 Alma.arteaga@utrgv.edu

Departmental Office Location:
 Edinburg Campus: HPE1 1.110
 956-665-3501
 Brownsville Campus: BLHSB 2.730
 956-882-8290

UTRíoGrandeValley



**KINESIOLOGY (BS)
 COACHING**
 Catalog: 2017-18
COLLEGE OF HEALTH AFFAIRS

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.

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 2.50.
- 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 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.

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 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.

- Shoot for a GPA of 2.50.
- Complete major foundation classes, such as KINE 1301, 1306, 1351.
- Complete 30 credit hours.

- 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

- 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 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? 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 2.50.
- 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 2.50.
- "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: KINE 4382.
- 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 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.

- Professional player personnel
- College and universities
- High school, public and private
- Youth sport
- Professional sport teams
- Colleges and universities
- High schools and middle schools
- Recreational organizations or leagues (e.g., YMCA)
- Country clubs
- Racket clubs
- Gyms
- Tracks
- Ice rinks
- Golf and tennis resorts
- City parks and recreation departments
- Youth sport organizations (e.g., Little League Baseball)
- Sport related franchises
- Sport camps

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