must be maintained in all advanced coursework.

- standing for enrollment in advanced courses. A grade of "C" or better
- Must complete 60 hours of course work and have junior

956-882-8290

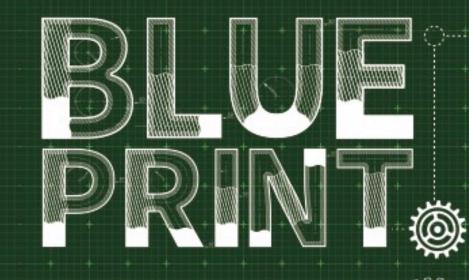
956-665-3501

Brownsville Campus: BLHSB 2.730

Edinburg Campus: HPE1 1.110

Catalog: 2018-19 **COLLEGE OF HEALTH**

HEALTH (BS)



Degree Info

The Department of Health

and Human Performance has

a focus on preparing Health

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

Additional Info

Contact Info

Dr. Zelma D. Mata **Department Chair**

Zelma.mata@utrgv.edu

Administrative Assistant

Mr. Juan C. Ayala

956-882-8290

Juan.c.ayala01@utrgv.edu

Departmental Office Location:

2018-2019 ACADEMIC PLAN

SECOND YEAR

UTRio Grande Valley

RIRST YEAR

American History Choose 1 Communication Choose 1

Anatomy and Physiology I **BIOL 2401** MATH 1342 Elementary Statistical Methods

Learning Framework **UNIV 1301** Integrative & Experiential Learning Choose 1

American History Choose 1 Communication Choose 1

Language, Philosophy & Culture Choose 1 II ygoloisydd bne ymotenA **BIOL 2402**

First Aid and First Responder **KINE 1309**

THIRD YEAR

Minor XXXX 33XX-43XX HLTH Advanced Elective 33XX-43XX HLTH Advanced Elective HLTH 2352 Personal Health

Minor XXXX

33XX-43XX Minor (Advanced) HLTH 3360 Environmental Health HLTH 3325 Latino Health

> HLTH 2301 Introduction to Health Education x3XX Minor Creative Arts Choose 1 NUTR 2351 Introduction to Clinical Mutrition Government/Political Science Choose 1

Integrative & Experiential Learning Choose 1 HLTH Elective XXXX PSYC 2301 General Psychology SOCI 1301 Introduction to Sociology or Choose 1 Government/Political Science (Core) Choose 1

XXXX

"Choose 1" Indicates course options. If options are not listed, please review the 2018-19 General Education Core or the degree plan for this major: www.utrgv.edu/degreeplans.

FOURTH YEAR

33XX-43XX Minor (Advanced)

33XX-43XX HLTH Advanced Elective

33XX-43XX HLTH Advanced Elective

33XX-43XX HLTH Advanced Elective

33XX-43XX HLTH Advanced Elective

47££ HTJH

HLTH 4380 Health Education Internship

Human Disease

& Evaluation

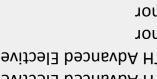
HLTH 4315 Health Program Planning

HLTH 4350 Organization of the

HLTH 4305 Community Health Methods

Health Program

Capstone



HLTH 3365 Health Communication HLTH 3355 Health Behavior Theory

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 2.50. □ Take MATH 1314 in your first year. 	 □ Shoot for a GPA of 2.50. □ Complete major foundation classes, such as HLTH 2352, KINE 1301, KINE 1306. □ Complete 30 credit hours. 	 □ 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. 	 □ 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. □ 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 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. 	 □ 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 	 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. 	 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 GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT	 □ 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 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, Health Fairs, and sponsored activities. □ Join a student organization! Consider looking into Health and Kinesiology Club or visit VLink (utrgv.edu/vlink) for options. 	 □ 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 lunchbring a friend! 	□ 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.	 □ 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.
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. 	 □ 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. 	 □ 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! 	 □ 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!

CAREERS

- Health education:
 - o Prevention
 - o Promotion
- Assessment & evaluation
- Intervention:
 - Planning and development
 - o Implementation
 - o Evaluation
- Program development
- Colleges and universities
- Project management
- Research
- Research facilities
- Social marketing:
 - o Mass media
 - Web-based
 - Organizational communication

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

☐ Remember to do your exit loan counseling on

studentloans.gov.