

## FOURTH YEAR

KINE 3365 Physiology and Techniques of Strength/Power Fitness  
 KINE 4351 Adapted Kinesiology  
 KINE 4310 Measurement Techniques in Physical Education and Sport  
 33XX-43XX Free Advanced Elective (KINE 4370)  
 33XX-43XX Free Elective  
 KINE 4380 Exercise Science Internship  
 KINE 4360 Clinical Exercise Physiology  
 X3XX Free Elective  
 X3XX Free Advanced Elective

## THIRD YEAR

KINE 3360 Exercise Testing & Prescription  
 KINE 3160 Exercise Testing & Prescription Lab  
 KINE 4375 Motor Learning  
 X3XX Free Elective  
 X3XX Free Elective  
 HLTN 3372 Nutrition and Health  
 KINE 4355 Pediatric Exercise Physiology  
 X3XX Free Elective  
 X3XX Free Elective  
 X3XX Free Elective

## SECOND YEAR

Choose 1 Government/Political Science  
 Choose 1 Language, Philosophy & Culture  
 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  
 Choose 1 Integrative and Experiential Learning  
 Choose 1 Integrative and Experiential Learning  
 X3XX Free Elective

## FIRST YEAR

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

### 2018-2019 ACADEMIC PLAN

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 2018-19 General Education Core or the degree plan for this major: [www.utrgv.edu/degreeplans](http://www.utrgv.edu/degreeplans).

### 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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UTRio Grande Valley

**BLUE  
 PRINT**

**EXERCISE SCIENCE (BS)**  
 \*Free Electives Option  
**Catalog: 2018-19**  
**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.
- Complete the application to get into Exercise Science Program (Students will be required to have an overall 2.75 minimum GPA following second semester of Undergraduate course work and a minimum grade of B in Anatomy & Physiology I/Lab, Anatomy & Physiology II/Lab in order to transfer to the Exercise Science major).

- 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 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.
- 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 and HHP labs.
- Attend and/or present research or creative works at Local, State, and National conferences.
- 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!
- Continue to attend and/or present research or creative works at Local, State, and National conferences.
- 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 and attend and/or present research or creative works at Local, State, and National conferences.
- 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 the Exercise Science student organization and/or 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 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? 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](http://www.utrgv.edu/careercenter)