

# Student Success Map

**B.S. in Exercise Physiology**  
Department of Kinesiology

## Essentials for Every Semester

- Mandatory major advising is required prior to registration each semester.
- For general course selection, consult **Advisors** in SSC 220.
- Meet deadlines to **register, pay fees, and apply** for financial aid.
- Check your **DPR**. Are you on-track to meet requirements?
- Complete a sufficient number of units each term (15–16 units) to graduate in four years. Some programs require more.
- Check your **Student Center** prior to registration for registration holds and updating your personal info.
- Check your **Student Center** in the first two weeks of classes to confirm your class schedule and that all adds and drops have been processed as you expected.
- Check your **Student Center** after each semester for your grades and academic standing. If your GPA drops below a 2.0, consult an **Advisor**.

### FRESHMAN

Learn where to find and how to use campus resources such as the **Student Learning Center, Health Center, Academic Advising, Wellness Center, Writing Center,** and your **faculty advisor**.

Visit each of your **instructors** during their office hours. Make a point to get to know your professors. **ATTEND MANDATORY ADVISING SESSION.** See **advisors** for specific questions. Speak with peers.

### SOPHOMORE

Know how to use your Degree Progress Report (DPR) in your Student Center. Go to **Academic Advising** for help.

If planning a career in healthcare, meet with **advisor** about coursework prep for specific fields.

### JUNIOR

Apply for graduation one year in advance of your expected graduation date.



### SENIOR

Confirm graduation progress with an **Evaluator**.

See **advisors** for specific questions.

## Graduation and Beyond

### Careers

- **Athletic Trainer**
- **Cardiac Rehabilitation**
- **Corporate Fitness**
- **Medical School**
- **Occupational Health**
- **Occupational Therapy**
- **Personal Trainer**
- **Physician Assistant**
- **Physical Therapy**
- **Strength & Conditioning**

### Other

- **Kinesiology Graduate Program**

## Get Good Advice

## Take the Right Classes

## Apply What You Learn

## Connect with Peers

## Think Globally

## Prepare for Life After Graduation

Obtain your Major Academic Plan (MAP). It will enable you and your advisor to plan for each semester.

If you need preparatory math and/or English courses, complete them in your first year.

Complete your GE Foundation courses. Explore GE Pathways. Consider completing an interdisciplinary minor within your GE. Consult an advisor for help.

Pre-PT and PA: CHEM 111, 112.

Pre-OT, pre-nursing or corporate fitness: Take CHEM 107, 108.

Begin your Upper Division GE Pathway courses.

Pre-PT: must take PHYS 202B in addition to 202A (may be taken any year). Pre-OT: take required 3D skill or craft class (e.g. ceramics, sculpture or woodworking).

Finish all major requirements.

Pre-PA must take CHEM 350. Pre-OT must emphasize psychology. Trainers should emphasize Strength and Conditioning.

Start shadowing a PT, MD, OT, or PA in clinics or hospitals, or personal trainers at fitness clubs.



Gain more hands-on experience by working in the field of choice (e.g. working as a PT aide or personal trainer).



Visit the **Student Activities Office** and get involved with a club or organization - or start your own. Check out the **Freshman Leadership Opportunity (FLO)**.

Read the **Book in Common (BIC)** and participate in BIC activities.

Join the **Exercise Physiology Club, Pre-Physical Therapy Society,** or **Strength & Conditioning Club.**

Review your involvement, leadership, and cultural resumes. Have you participated in on- or off-campus activities such as clubs, community service, recreational opportunities, musical, dramatic or cultural performances, lectures or forums?

Network with **alumni,** advisory boards, and other potential employers.

Consider assuming a leadership position in the **Exercise Physiology Club, Pre-Physical Therapy Society,** or **Strength & Conditioning Club.**

Select courses in GE that meet the diversity requirements (US Diversity and Global cultures).

Explore **Study Abroad** opportunities. Attend an info meeting they offer every semester. Consider **National Student Exchange.**



Take **GRE** or other appropriate exams. Apply for graduate/professional school.

Consider a time management workshop in the **Student Learning Center.**

Use the **Career Center** to assess your interests, skills, and work values.

Become familiar with (and join) professional organizations. Seek information through student clubs.



Join professional organizations. Attend professional conferences. Decide what career path you intend to pursue.

Visit the **Career Center** to learn about career opportunities and résumé building. Attend a career fair on campus, regularly scheduled early in fall semesters and several times during spring semesters.

