

# YOUR Major Action Plan: B.S., Kinesiology Majors



What is YOUR passion?		1st YEAR	2nd YEAR
Physical Education Athletic Training	YOUR Target Courses	<ul style="list-style-type: none"> <li>- Complete at least 30 credit hours, including KINE 1100, MATH Core, ENGL 1301, ENGL 1302, KINE 1301, KINE 1264, KINE 1219, and a KINE 1200 Activity course.</li> <li>- Complete 5 Professional Development Points</li> <li>- Exercise and Allied Health Professions students should be researching professional schools they want to attend after graduation.</li> <li>- See Staff or Faculty Academic Advisor to discuss your desired major and concentration, Grade Point Average (GPA) requirements, <a href="#">Academic Advising Guide</a>, and file your degree plan.</li> </ul>	<ul style="list-style-type: none"> <li>- Complete at least 30 credit hours.</li> <li>- See a College of Education Academic Advisor in the department or in the Academic Advising Center.</li> <li>- Complete 5 Professional Development Points</li> <li>- Exercise and Allied Health Professions students should be researching professional schools they want to attend after graduation</li> <li>- Fitness, Athletic, and Strength Training students should take KINE 1306 the semester prior to the student's junior year, due to length of certification obtained in this course.</li> <li>- Sport Pedagogy: Completion of at least 12 hours in Certification Area</li> </ul>
Coaching Fitness Professional Athletic Administration Physician Assistant	Find YOUR Way	<ul style="list-style-type: none"> <li>- Undecided about your major? Want to learn more about different career options? Take advantage of <a href="#">career counseling and career assessments</a> through Career Services.</li> <li>- Explore student groups and organizations in your major or area of interest through <a href="#">TexanSync</a>.</li> <li>- Attend <a href="#">Study Skills</a> sessions for additional assistance with acclimating the first year.</li> <li>- Attend or use <a href="#">Academic Resource Center Coaching</a>, <a href="#">Math Clinic</a>, <a href="#">tutoring options</a>, and <a href="#">Writing Center</a>.</li> <li>- Know the <a href="#">FAFSA deadlines</a> each year.</li> <li>- Seek help from <a href="#">Student Counseling Center</a> for home sickness, depression, or other issues.</li> <li>- Feeling ill? Visit <a href="#">Student Health Services</a> for physical health related concerns.</li> </ul>	<ul style="list-style-type: none"> <li>- Explore available <a href="#">Applied Learning Experiences (ALE)</a> such as internships, research, study abroad, service learning or leadership experiences.</li> <li>- Get a summer job related to the career/industry you are pursuing.</li> <li>- Join Kinesiology and Fitness Club (KFC)</li> <li>- Get a summer job in the industry you are considering.</li> <li>- Visit the Laboratory for Wellness and Motor Behavior (LWMB)</li> <li>- Visit the Clinical Exercise and Research Facility (CERF)</li> </ul>
Clinical Exercise Physiologist Respiratory Therapist Recreation Administration	Sharpen YOUR Skills	<ul style="list-style-type: none"> <li>- Schedule a meeting with a department representative to explore study away and study abroad experiences and department-sponsored service learning projects.</li> <li>- Start researching the <a href="#">marketable skills</a> that employers are seeking.</li> <li>- Get involved in <a href="#">Service Day</a> and Tarleton Roundup.</li> <li>- Apply to be a <a href="#">Residential Leader (RL)</a> or Tarleton Transition Mentor (TTM).</li> <li>- Run for <a href="#">Freshman Representative Council</a> with SGA (Student Government Association).</li> <li>- Look into <a href="#">Greek Organizations</a> to network and build community.</li> </ul>	<ul style="list-style-type: none"> <li>- Seek out volunteer opportunities in your area through <a href="#">Volunteer Match</a> or <a href="#">United Way</a> to give back to the community and build marketable skills for future employment.</li> <li>- Attend events offered by <a href="#">The Office of Diversity and Inclusion</a> and <a href="#">Fine Arts Center</a> for cultural and diversity awareness.</li> <li>- Participate in <a href="#">Alternative Spring Break</a>.</li> <li>- Run for <a href="#">Student Government Association</a>.</li> </ul>
Personal Training Pharmaceutical Sales	YOUR Next Steps	<ul style="list-style-type: none"> <li>- Check out part-time jobs in <a href="#">Career Services employment system</a> to gain work experience for your resume.</li> <li>- Attend <a href="#">job and graduate school fairs</a> to explore future opportunities. Make a <a href="#">good first impression with your attire</a>.</li> <li>- Investigate the type of lifestyle, salary, and occupation you would like to have through Texas <a href="#">Reality Check</a> tools (powered by Texas Workforce Commission).</li> <li>- Learn more about your student loan debt, budgeting, and much more through <a href="#">SALT</a>.</li> </ul>	<ul style="list-style-type: none"> <li>- Explore <a href="#">career opportunities</a> within your major.</li> <li>- Ask <a href="#">Career Services</a> how to conduct a job shadow.</li> <li>- Convert your high school resume into a pre-professional <a href="#">resume</a>.</li> <li>- Get to know your instructors to establish professional references and explore research opportunities.</li> <li>- Create your online portfolio through <a href="#">Portfolioium</a>. Consult with Career Services or your Faculty Advisor on items to include.</li> </ul>

# YOUR Major Action Plan: B.S., Kinesiology



What is YOUR passion?		3rd YEAR	4th YEAR
Bariatric Weight Loss Coordinator  Intramural Sport Coordinator	YOUR Target Courses	<ul style="list-style-type: none"> <li>- Complete at least 30 credit hours.</li> <li>- See a College of Education Advisor</li> <li>- Complete 5 <a href="#">Professional Development Points</a></li> <li>- Sport Pedagogy majors should apply for admission into the Educator Preparation Program, the semester in which they are enrolled in EDUC 3320.</li> <li>- Athletic Training students must apply for and be accepted into BOTH TSU College of Graduate Studies, as well as, the Masters of Science Athletic Training program in order to complete the degree concentration.</li> </ul>	<ul style="list-style-type: none"> <li>- Complete remaining credit hours.</li> <li>- Work with your Faculty Advisor to select courses.</li> <li>- All concentrations except Sport Pedagogy students are required to meet with the internship director and attend a departmental internship meeting prior to enrolling in KINE 4682.</li> <li>- Complete <a href="#">Internship</a> or Clinical Teaching</li> <li>- KINE 4305 is recommended to be completed in the first semester before KINE 4682 or Clinical Teaching for Sport Pedagogy students.</li> </ul>
Occupational Therapist  Physical Therapist	Find YOUR Way	<ul style="list-style-type: none"> <li>- Visit with a faculty advisor/mentor within your area of interest to explore student opportunities specific to your major.</li> <li>- Consider participating in an undergraduate research project.</li> <li>- Conduct informational interviews and talk to professionals working in your fields interest.</li> <li>- Take part in the <a href="#">Official Ring Ceremony</a>.</li> </ul>	<ul style="list-style-type: none"> <li>- Consider joining professional associations in your field.</li> <li>- Continue gaining experience in the industry you are pursuing.</li> <li>- Attend conferences and network with employers</li> <li>- Get a summer job related to the career/industry you are pursuing.</li> </ul>
Cardiac Rehab  Medical Equipment Sales	Sharpen YOUR Skills	<ul style="list-style-type: none"> <li>- Consider taking on leadership roles within student organizations and clubs.</li> <li>- Explore volunteer opportunities in your area through <a href="#">All For Good</a>.</li> <li>- Need to get more experience and skills? Check out <a href="#">CareerOneStop.org</a> sponsored by the US Department of Labor.</li> <li>- Continue to develop computer and job-related skills along with knowledge of the workplace.</li> <li>- Become an <a href="#">Academic Resource Center– Coach Leader</a> (ARC-C Leader)</li> <li>- Explore internship opportunities with a faculty mentor or academic advisor for your concentration area.</li> </ul>	<ul style="list-style-type: none"> <li>- Participate in an internship with the direction of your faculty mentor or advisor. Suggested resources for internships can be found in the <a href="#">Career Service's employment system</a> or the <a href="#">College Internship Program's website</a>.</li> </ul>
Explore more occupations and occupation groups through the <a href="#">Occupational Outlook Handbook</a> powered by the Bureau of Labor and Statistics.	YOUR Next Steps	<ul style="list-style-type: none"> <li>- Meet with a Career Services staff member to plan your <a href="#">job-search campaign</a>, schedule <a href="#">mock interviews</a>, resume critiques, and a <a href="#">Business Etiquette Dinner</a>.</li> <li>- Create a <a href="#">LinkedIn</a> profile to further your professional networking.</li> <li>- Check the <a href="#">Career Services calendar</a> for career development workshops.</li> <li>- Seek out an internship at any of the Career Services <a href="#">job fairs</a>.</li> <li>- Investigate graduate schools and attend the Open House for <a href="#">TSU College of Graduate Studies</a>.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>File for GRADUATION!</b></li> <li>- Update your resume in the <a href="#">Career Service's employment system</a>, Portfolium, and LinkedIn.</li> <li>- Compile reference letters, awards, etc.</li> <li>- Research potential employers, seek out networking opportunities, apply for available positions, and prepare for potential interviews.</li> <li>- Attend <a href="#">job fairs</a> and <a href="#">dress professionally</a>.</li> <li>- Consider and review various job offers, if necessary, review information needed to <a href="#">negotiate a salary</a>.</li> <li>- Graduate! Congratulations!</li> <li>- Join the <a href="#">Tarleton Alumni Association</a> to stay connected to the University. <b>BLEED PURPLE!</b></li> </ul>