

The Department of Exercise and Sport Science

What I Should Do As A: Freshman

A handy guide to navigating University system as a freshman.

What Classes Should I Be Taking?

- ★ As many General Education (Gen Eds) courses as possible.
- ★ A course that will go toward your area of study: H EDU 1950, H EDU 2010, or the College of Health LEAP.
- ★ Gen Eds that will also fulfill prerequisites (prereq) to the courses required for the Exercise and Sport Science Department. For Example:
 - SF credit – BIOL 1210 which is a prereq to BIOL 2325
 - AS credit – NUTR 1020 which is a prereq to all Nutrition courses
 - QA credit – MATH 1050 is recommended for the major and required for the Exercise Physiology program.
 - QB credit – MATH 1040 (or PSY 3000, FCS 3210, MATH 1070 or SOC 3112) is required for the Exercise Science and Fitness Leadership programs, and required for ESS 2500.

What Should I Be Learning?

- ★ The attributes for the Gen Eds
 - AI – American Institution (1 course required)
 - HF – Humanities Foundation (2 courses required)
 - FF – Fine Arts Foundation (2 courses required)
 - BF – Behavioral Science Foundation – Not required if in the ESS major
 - SF – Life Science (2 courses required or 1 required if taking an AS)
 - AS – Applied Science (1 course required if taking 1 SF)
 - WR2 – Writing 2010
 - QA – Quantitative Analysis (1 course required)
 - QB – Quantitative Reasoning – Statistics/Logic (1 course required)
 - CW – Upper Division Communication/Writing (1 course required)
 - DV – Diversity (1 course required)
 - IR – International Requirement (1 course required)
 - QI – Quantitative Intensive (2 courses required)
- ★ Learn how to properly read the class schedule. The class schedule can be found online at: <http://www.utah.edu/portal/site/uuhome/menuitem.ddac5bbd6efcaf8ab123b610c1e916b9/?vgnextoid=1223584d6f665110VgnVCM1000001c9e619bRCRD>

Access the page and learn to find out how to find only the gen ed courses offered in a semester. Find out which major courses are being offered in a semester along with the class attributes, the prereqs, the instructors, and if the class has a withheld number. You can also use this page to learn more about the class, how many seats are available, who the instructor is, and any fees associated with the class.
- ★ Learn where to go to get involved on campus.
 - The Bennion Center** in the Union offers a plentitude of opportunities to get involved campus-wide and the community.
 - The **ASUU student groups** page on the main web page allows you to browse all the student groups on the campus that you might want to join and participate in. ASUU student group page: <http://www.asuu.utah.edu/groups>

The **ESS department** also has resources to get involved in the Department. Join SAC, start helping with faculty research, or join UFit. For more information see the ESS homepage at: <http://www.health.utah.edu/ess/>.

Who Should I Be Meeting?

- ★ Become acquainted with the different advisors available on campus. You can meet with **University College Advising** (801-581-8146, SSB 450) for general information about gen eds and the university, **Preprofessional advising** (801-581-5744, BLD 44 Rm 206) can provide information to those students looking to go on to law school, med school, dental school, etc. **Departmental advising** (ESS Department: 801-581-7558, HPER N 247) can provide information that is specific to the courses required for the major, along with the different programs in the major, and opportunities available to students in the ESS major. Or you can meet with **College of Health Advising** (801-581-8379, HPER N 200) for more information about the different departments in the College of Health.
- ★ Meet with any of the advisors on campus if you ever have any questions about classes or the University as a whole.
- ★ Meet with financial aid (SSB 150, 801-581-6211) to see if you meet the requirements for financial aid or scholarships.

What Sites Should I Be Visiting?

- ★ Become familiar with the University of Utah Web site, www.utah.edu.
- ★ Learn to use the A to Z index to look up departments, colleges, and organizations information and web sites,
<http://www.utah.edu/portal/site/uuhome/menuitem.4694b7a3dd66f40516df1210d1e916b9/?vgnextoid=8ee892d315bb3110VgnVCM1000001c9e619bRCRD>.
- ★ Learn to use the directory to look up faculty and staff contact information,
<http://www.acs.utah.edu/prod/hrbin/campus-directory>.
- ★ Learn to access the class schedule,
<http://www.utah.edu/portal/site/uuhome/menuitem.ddac5bbd6efcaf8ab123b610c1e916b9/?vgnextoid=1223584d6f665110VgnVCM1000001c9e619bRCRD>
- ★ Learn to access the academic calendar which lists all the important dates for the U, like closure days, classes starting and ending, last day to add, drop and withdrawal,
<http://www.sa.utah.edu/regist/pages/Deadlines.htm>
- ★ Learn how to find information on the Registrar's Web page, <http://www.sa.utah.edu/regist/>
- ★ Learn to access Campus Information Systems (CIS),
https://gate.acs.utah.edu/psp/plpr/EMPLOYEE/EMPL/h/?tab=PAPP_GUEST
- ★ Learn to access Umail by logging in to My Utah, <https://my.utah.edu/portal/site/myutah/>
- ★ Learn to properly use CIS: view registration dates, add and drop classes, how to access a DARS report, how to read a DARS report, updating personal information, view grades, view holds and tuition payment and financial aid can all be accessed on CIS.
- ★ Learn to access a DARS report to make sure that all AP and concurrent enrollment grades are posted.
- ★ Become familiar with the College of Health web site, www.health.utah.edu
Know where to find information on the divisions and departments in the college,
<http://www.health.utah.edu/departments/index.html>
Know where to find contact information for the college,
<http://www.health.utah.edu/about/contact.html>
Know where to find information pertinent to students in the college,
<http://www.health.utah.edu/studentservices/index.html>
Know where to find information on scholarships for the college,
<http://www.health.utah.edu/studentservices/scholarships.html>

- ★ Become familiar with the ESS web site, www.health.utah.edu/ess

Know where to find directions to the office,

<http://www.health.utah.edu/ess/undergraduate/Directions.pdf>

Know where to find the course requirements for the different emphases in the undergraduate major,

<http://www.health.utah.edu/ess/undergraduate/Requirements/index.html>

Know where to find information about departmental scholarships,

<http://www.health.utah.edu/ess/undergraduate/Scholarships/index.html>

Know where to find ESS faculty information,

<http://www.health.utah.edu/ess/Faculty/index.html>

Know where to find information on getting involved in the department,

<http://www.health.utah.edu/ess/undergraduate/Student%20Involvement/index.html>

Research: <http://www.health.utah.edu/ess/undergraduate/Research/index.html>

Know where to find forms for the major and the University:

<http://www.health.utah.edu/ess/undergraduate/Forms/index.html>