

The Department of Exercise and Sport Science

What I Should Do As A: Transfer Student

A handy guide to navigating University system as a transfer student.

What Classes Should I Be Taking?

- ★ Finish remaining General Education Requirements (Gen Eds)
- ★ Start on the ESS courses, if prerequisites (prereqs) are met.
 - ESS 2500 – Exploration of Movement Science (stats course prior or concurrently)
 - BIOL 2325 – Human Anatomy (BIOL 1210 prereq)
 - H EDU 1950 – Emergency First Aid and Care
 - ESS 2600 – Sport in American Society
 - ESS 3340 – Sport Psychology

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)
- Courses above will be completed with an Associate's Degree or Letter of Completion*
- 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 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, and any fees associated with the class.

What Should I Be Doing?

- ★ Getting 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/>.

- ★ Apply to the closed programs in the major (Athletic Training and PE Teaching) if prereqs are met.
- ★ Checking Umail on a regular basis. Or set up Umail to forward to your personal email.
- ★ Checking DARS report to know which classes have been completed and how many gen eds and major classes are remaining.
- ★ Applying for Department and College scholarships.
- ★ Reviewing CIS page for updating personal information, updating campus alert, viewing registration dates, and viewing any holds.
- ★ Checking the academic calendar for important dates, like closure days, classes starting and ending, last day to add, drop and withdrawal.
- ★ Checking the class schedule prior to registration date to make sure you know what classes will work with your schedule.

Who Should I Be Meeting?

- ★ Become acquainted with the different advisors available on campus. You can meet with **University College Advising** (581-8146, SSB 450) for general information about gen eds and the university, **Preprofessional advising** (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: 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 the opportunities available to students in the ESS major, or you can meet with the **College of Health Advising** (581-8379, HPER N 200) for more information about the different departments in the College of Health.
- ★ Meet with a Departmental Advisor to go over transfer credits and get declared in the major. Be sure to bring syllabi for individual approval of major courses only.
- ★ Meet with an advisor at University College Advising to get individual approval for courses that meet the general education or University Degree requirements.
- ★ 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, 581-6211) to see if you meet the requirements for financial aid or scholarships.
- ★ Meet with an advisor in Career Services (SSB 350, 581-5624) to register with them for information about job opportunities and workshops.

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 how to find information on the Registrar's Web page, <http://www.sa.utah.edu/regist/>
- ★ 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 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, and view holds. Tuition payment and financial aid can all be accessed on CIS.
- ★ 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/student-services/index.html>
 - Know where to find information on scholarships for the college,
<http://www.health.utah.edu/student-services/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>