

HEALTH & KINESIOLOGY

COLLEGE OF HEALTH

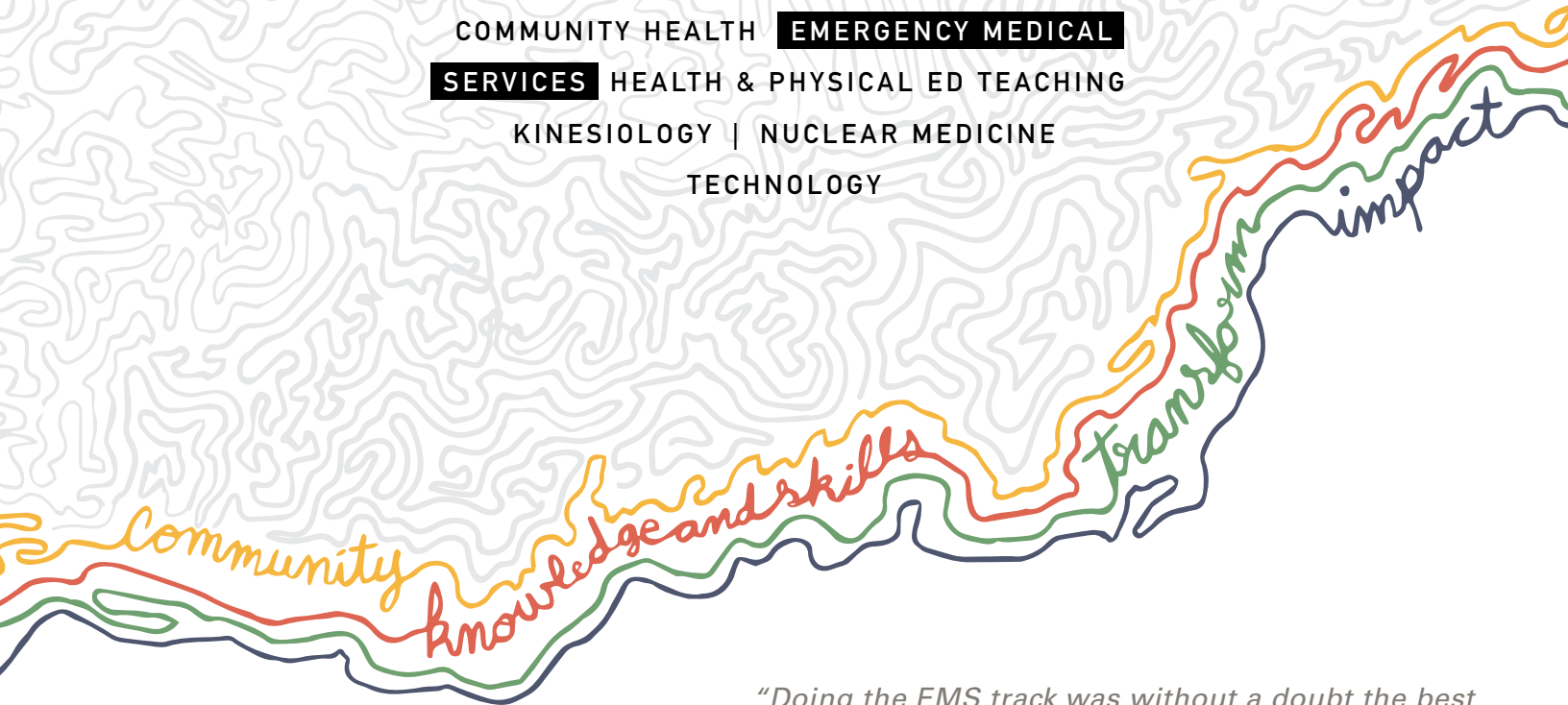
2019-2020 MAJOR MAP

COMMUNITY HEALTH **EMERGENCY MEDICAL**

SERVICES HEALTH & PHYSICAL ED TEACHING

KINESIOLOGY | NUCLEAR MEDICINE

TECHNOLOGY



"Doing the EMS track was without a doubt the best decision I made during undergrad. Not only did the EMT Basic and Advanced classes I took count for my degree but I learned practical skills and graduated with a license, which is something that most other majors can't offer!"



THE UNIVERSITY OF UTAH
EXCEPTIONAL
EDUCATIONAL
EXPERIENCE

The Office of Undergraduate Studies

>> **Natalie Plascencia**
Ski Patrol, PA student

EMERGENCY MEDICAL SERVICES

GETTING STARTED

MAKING PROGRESS

COURSES

- Begin Gen Ed & prerequisite courses
- Complete H EDU 1010 – Healthy Lifestyles, WRTG 2010 – Intermediate Writing, & a Stats class
- Meet with an H EDU advisor to get information & plan prerequisite courses

- Continue fulfilling Gen Ed & University degree requirements
- Meet with an EMS advisor to set a graduation plan

COMMUNITY

- Connect with a range of diverse health-related communities
- Volunteer for programs like U-Fit
- Intern alongside community partners
- Participate in research programs like UROP ¹
- Join student-led organizations

- Go to your student activity fair & consider joining a club that interests you
- Get to know the students in your classes & start building a community on campus

KNOWLEDGE AND SKILLS

- Learn to use online tools like CIS & My Degree Dashboard
- Attend major exploration events
- Visit with your advisor to create an academic plan
- Connect with support resources like the Writing Center & Math Lab

- Organize a study group
- Attend office hours
- Touch base with your advisor to stay on track
- Explore & register for electives that support your learning goals

TRANSFORMATION

- Meet with an advisor to begin exploring where you want to go after you graduate
- Learn how to customize your undergraduate experience to meet your goals

- Explore the co-curricular activities offered through the College of Health like a CEL² course or a supervised internship
- Connect with student support services on campus like the Student Success Advocates

IMPACT

- Participate in the “Be Well Utah Fair”
- Explore ASUU’s website & attend Plazafest to find health-related student groups
- Attend a MUSE⁴ Casual Friday
- Connect with a peer mentor through the University of Utah Mentoring Program

- Take on more responsibility; apply for leadership positions in clubs
- Look into summer jobs providing EMS at camps and entertainment venues

CAREER

- Take Focus2 or the StrengthsFinder assessments through the CPDC⁵ to get to know yourself better
- Use O*Net & Who Hires U of U Grads to research career options
- Meet with a Career Coach for guidance

- Explore by completing informational interviews, shadowing, volunteering, or working in areas of interest
- Use career events (Career Fairs/Meet & Eats) & resources (Handshake/ AlumniFire) to get connected

¹ Undergraduate Research Opportunity Program ² Community Engaged Learning ³ Associated S

Use this map to explore, envision, design, and plan your Exceptional Educational Experience.



FINISHING UP

WHERE CAN I GO AFTER GRADUATION?

Continue taking prerequisite courses needed for emphasis:

- H EDU 3050 – Community Health
- H EDU 5950 – EMT
- H EDU 4650 – Anatomy & Physiology
- H EDU 3030 – Medical Terminology

- Complete core & content classes
- Finish an internship
- Check with the Academic Advising Center to ensure you are on track to complete your degree

- Advanced Emergency Medical Technician
- Air Medical Transport Paramedic

- Start working or volunteering with EMS agencies or in the healthcare field
- Join department and EMS student clubs
- Attend a Learning Abroad 101 session to learn about programs, processes, & planning

- Apply your knowledge by taking on more influential roles
- Coordinate a group service project
- Take on a leadership position within the Bennion Center

- Ambulance EMT
- Disaster Preparedness
- Emergency Medical Responder (EMR)
- Emergency Medical Technician

- Develop your knowledge through an independent study
- Seek out applied experience through job shadowing, community service, leadership, & direct patient/client exposure with organizations like Connect2Health & Primary Children's Medical Center

- Share your knowledge in a real world setting through an internship or collaboration with provider agencies
- Gather Continuing Education credits toward re-certifying

- Emergency Preparedness Coordinator
- EMS Coordinator
- EMS Instructor
- EMS Management
- EMS Program Coordinator
- EMT Security Personnel

- Try extracurricular activities outside the major through the Bennion Center, the Natural History Museum, ASUU,³ or the Huntsman Cancer Institute

- Complete the capstone course & put theory into practice by working with underserved populations in the community
- If you've done research, consider presenting at the Undergraduate Research Symposium

- Firefighter
- Law Enforcement
- Medical Director

- Volunteer in organizations on campus & in the community like U-Fit, Utah Reads, Science in the Parks, Connect2Health, or Friends for Sight
- Get valuable experience with an internship

- Visit with your Career Coach or professors to discover opportunities to gain additional skills
- Enhance your experience through volunteering, job shadowing, clubs, or internships

- Paramedic
- Rural Response and Emergency
- Search and Rescue
- Ski Patrol Medic

- Develop back-up plans for your primary career goal
- Get your resume/LinkedIn reviewed & build references & contacts for the job search
- Attend the Career Conference to get all of these at once

- Meet with a Career Coach to refine your job or graduate school application materials
- Practice interviewing
- Practice salary negotiation



ABOUT THE MAJOR

If you're interested in serving the community as a health professional in emergency medical response, then a Health and Kinesiology degree with an Emergency Medical Services (EMS) emphasis is a great fit for you. You can choose from five different areas of interest based on your future goals: EMS Management, Wilderness Rescue, Community Response/Paramedic, Occupational Safety and Health, and Emergency Management/Disaster Preparedness. You'll learn skills applicable in a variety of contexts including firefighting, law enforcement, rural & remote response, disaster preparedness, and search & rescue. The EMS emphasis offers certifications as an Emergency Medical Technician, Emergency Medical Technician-Advanced, & a Paramedic and Wilderness/Remote Rescue Technician. You will emerge from the program prepared to pursue an EMS career and/or continue your training in a clinical graduate program.




LEARNING OUTCOMES

- Gain applicable skills and knowledge in prevention, health promotion & education, behavior change, program planning, and program evaluation.
- Understand and demonstrate skills needed for patient care.
- Understand and effectively navigate difficult situations.
- Provide emergency response based on certification achievement.

PLAN & PREPARE

At the U, we plan for our students to have an Exceptional Educational Experience identified by four broad categories we call the Learning Framework: Community, Knowledge & Skills, Transformation, and Impact. This major map will help you envision, explore, design, and plan your personalized Exceptional Educational Experience with the Learning Framework at the core. In addition to assisting you in planning your coursework and navigating the requirements of your major, it will help you incorporate other kinds of experiences that will expand your knowledge, support your development, and prepare you for the future you want.

Get started today

-  Schedule an appointment with an advisor: advising.utah.edu
-  Visit ugs.utah.edu
-  Learn more about the Learning Framework: ugs.utah.edu/learning-framework



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