

## Instructions for New Students

Welcome to UVU and the Department of Exercise Science (EXSC), Outdoor Recreation (OREC), and PE Teacher Education (PETE). Following the instructions below will introduce you to your degree requirements and teach you how to select the classes you will take each semester (and get your New Student Advising (AC) Hold removed!). Students who use their Wolverine Track and Planner are empowered to participate in their education by making educated choices about their course of study and career. Students develop a customized map based on these major and career path choices and their Advisor will submit recommendations to guide them. The Planner must be completed in order to register for classes using the Registration Wizard.

All new students in EXSC, OREC, and PETE are required to plan their classes for their first 2 semesters in their Planner prior to having their AC Hold removed. Follow the step-by-step instructions below. For additional assistance you can find tutorials on how to use WT/planner at <http://www.uvu.edu/wolverinetrack/media/index.html>.

### Wolverine Track (WT) and Planner Instructions

- Launch your WT by logging into myUVU and clicking on the Go To Wolverine Track link on the upper right of the page. This will open the “Audits” view of your WT. *[If your Wolverine Track does not appear, you may need to use a different browser.]*
- Click on each of the classes listed (the classes in the center column are a hyperlink that when clicked on will open an Info Box), read the course description in the pop up info box, and record its prerequisites.
- Once you have written down all pre-requisite info (which will let you know which classes you are eligible for), click on the “PLANNER” tab on the upper left of the page to open your Planner. **You must use a computer, not phone or tablet.**
- In the description box type in a name for your Plan and if possible include your future interests (Examples: EXSC – Physical Therapy; EXSC – Pre Med; EXSC – Personal Training; OREC – Natl Forest; OREC – Entrepreneur; OREC – Retail; PETE – Coaching; PETE – and Health Endorsement; etc.).
- Use the drop-down menu at the top of each semester to label the semesters appropriately (always label a summer semester even if you don’t plan to attend during the summer). Each row should be Fall, Spring, then Summer.
- Drag and drop classes from the left side of the page into the appropriate semesters on the right based on completion of pre-reqs and rigor of course. (If a course is not listed, you will have to type it into the appropriate semester. Make sure you use the correct form (example: MAT 1010, ENGH 1000, BIOL 1610, etc.). These can be found in the online Catalog at <http://www.uvu.edu/catalog/current/courses/>. Don’t worry about recording the credit hours as they will be populated when you save your plan...provided that you have typed the course in correctly. **Click “Save Plan” frequently!**
- **MAT/MATH and ENGH/ENGL Courses: All students should take a Math and English class every semester until MATH 1050 and ENGL 2020 are completed. To find which Math and English course you have placed into, click on the following after logging into myUVU: Student Tab > My Academics > Assessment Test Scores (on right side of page under Classroom Testing Center). If you do not have current placement scores (and have not completed ENGL 1010 and/or MAT 1010) you will need to take a placement test. The Accuplacer (for English) and ALEKS (for Math) placement test info is at <http://www.uvu.edu/testingervices/getstarted/placement.html>.**
- Once you have planned and saved at least two semesters in your planner, email your advisor for a review. *Please include your UV ID number.* Email Kris Farnsworth at [farnswkr@uvu.edu](mailto:farnswkr@uvu.edu) for all Outdoor Rec majors and EXSC majors whose last name begins with A-L, or Jeannine Rushing at [jrushing@uvu.edu](mailto:jrushing@uvu.edu) for all PETE majors and EXSC majors whose last name begins with M-Z. I will review your planner and email any suggestions/recommendations and if all is well, I will remove your AC hold. *[While reviewing I will be looking to see that 1) you know how to use your Wolverine Track; and 2) You know how to look up course pre-requisites and co-requisites.]* If you would like to schedule an appointment to go over what you have planned with your Advisor, go to <http://schedule.uvu.edu/KristineFarnsworth> for all OREC majors & EXSC majors last name begins with A-L, or to <http://schedule.uvu.edu/jrushing> for all PETE majors and EXSC majors whose last name begins with M-Z. All students are required to actively use their Wolverine Track and Planner and have 2-4 semesters planned ahead at ALL times (especially when emailing or visiting your Advisor).
- Go to <http://www.uvu.edu/orientation/> to complete an **online Orientation** and sign up for a Jump Start Orientation.

**\*\* Science Courses:** All EXSC majors should take BIOL 1610 and 1615 (take BIOL 1010 1<sup>st</sup> if you need better prep) and CHEM 1110 (and/or 1210 with 1215 if planning on grad school) as early possible. PETE and OREC majors should take BIOL 1010 (prereq for ZOOL 1090) and it’s recommended that PETE majors take CHEM 1010. CHEM and BIOL classes have prereqs of Math and English.

**IMPORTANT:** If you are planning on a graduate program after you complete your BS/BA degree, students are strongly encouraged to research those programs and understand what pre-requisite courses are required in order to apply. Knowing this information will assist you in making the best and most appropriate choices regarding your General Education, Core, and Concentration courses. Visit <http://www.uvu.edu/prehealth/> for more info on grad programs and to visit with a Pre-Health Advisor.