

SPORTS AND FITNESS ADMINISTRATION

COUGAR MAP



BACHELOR OF ARTS: SPORTS AND FITNESS ADMINISTRATION MAJOR

The Cougar Map is intended to guide you with suggestions for potential activities and career paths that can help you along your educational journey. Although everyone has different abilities, experiences and obstacles, this Cougar Map can be used with the help of your advisors to prepare for the future you want with a clear vision of your college-to-career pathway.

Please refer to the SXU Academic Catalog and academic planning resources for detailed degree requirements.

FIRST YEAR

SECOND YEAR

THIRD YEAR

FOURTH YEAR

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
Competence (major/minor, summer suggestions, academic research)	Bring writing assignments to the Learning Center/Writing Studio for help in fine-tuning papers. Don't get discouraged in your first year! For stress relief ideas, visit the Counseling Center. Take advantage of your summer by taking courses to graduate on time or earlier.	Taking your Methods class? Visit the Hub for technical assistance. Visit the library for the appropriate resources in writing your research papers. Consider pursuing a second major or minor to achieve your career goals.	Consider working with a faculty member on a research project. Be mindful of important dates, i.e. semester ends and begins, deadline to withdraw from a course, petition for graduation.	Showcase your student-faculty collaborative project at the Research Expo or at a regional or national conference. Begin work on your topic for your Senior Seminar independent research project. Prepare for your certification exam.
Character (Service, global perspective, study abroad, clubs/RSOs, volunteering)	Consider joining a student club or intramural sports team. Clubs can include the Exercise Science Club.	Research opportunities to take part in a service trip or study abroad program. Participate in the Education Department's STEM Center Outreach Program.	Take on a leadership role within a student club or organization. Participate in a spring break service trip. Volunteer at the SXU Health Fair.	Mentor the next generation of student association officers. Explore local volunteering opportunities.
Career Success (career or grad school prep, internships, jobs)	Complete your SXU Handshake profile for student employment with the help of Center for SUCCESS. Talk to your advisor about preparing for internship experiences. Attend events where you can meet professionals in sports and fitness administration careers. Consider an on-campus job at the Shannon Center.	Create a LinkedIn profile and establish meaningful connections within your academic and personal circles. Explore internships on Handshake. Attend SXU's career-related events throughout the year and network with professionals.	If planning to attend graduate school, begin studying for the GRE or LSAT exams. Apply for summer internships.	Take the GRE or LSAT exams early and apply to graduate schools in December and January. Visit Center for SUCCESS to create a job search plan, sharpen your resume and practice interviewing. Attend job, graduate school and intern fairs to help prepare you for what comes next after college.