2024-25 ACADEMIC ADVISING GUIDE

KINESIOLOGY

College of Education
MICHIGAN STATE UNIVERSITY

Welcome to NSO!

Dear Spartans,

Welcome to Michigan State University's New Student Orientation (NSO), and specifically, welcome to the College of Education! The purpose of this guide is to not only help you through today, but to assist you during your entire undergraduate experience. It is ultimately your responsibility to know your degree requirements during your time at MSU. Therefore, we ask you to utilize tools like this guide, the college websites, academic advising and University resources to become an expert in your major. After all, it is YOUR JOURNEY! Make the most of it!

As a Kinesiology major, you are joining a community of faculty, staff and students who are committed to sharing knowledge, creating solutions, pursuing research and inspiring leadership in the fields of health, wellness, sport, movement and exercise physiology. We encourage you to explore your opportunities, cultivate your mentors and find your passion throughout your time at MSU.

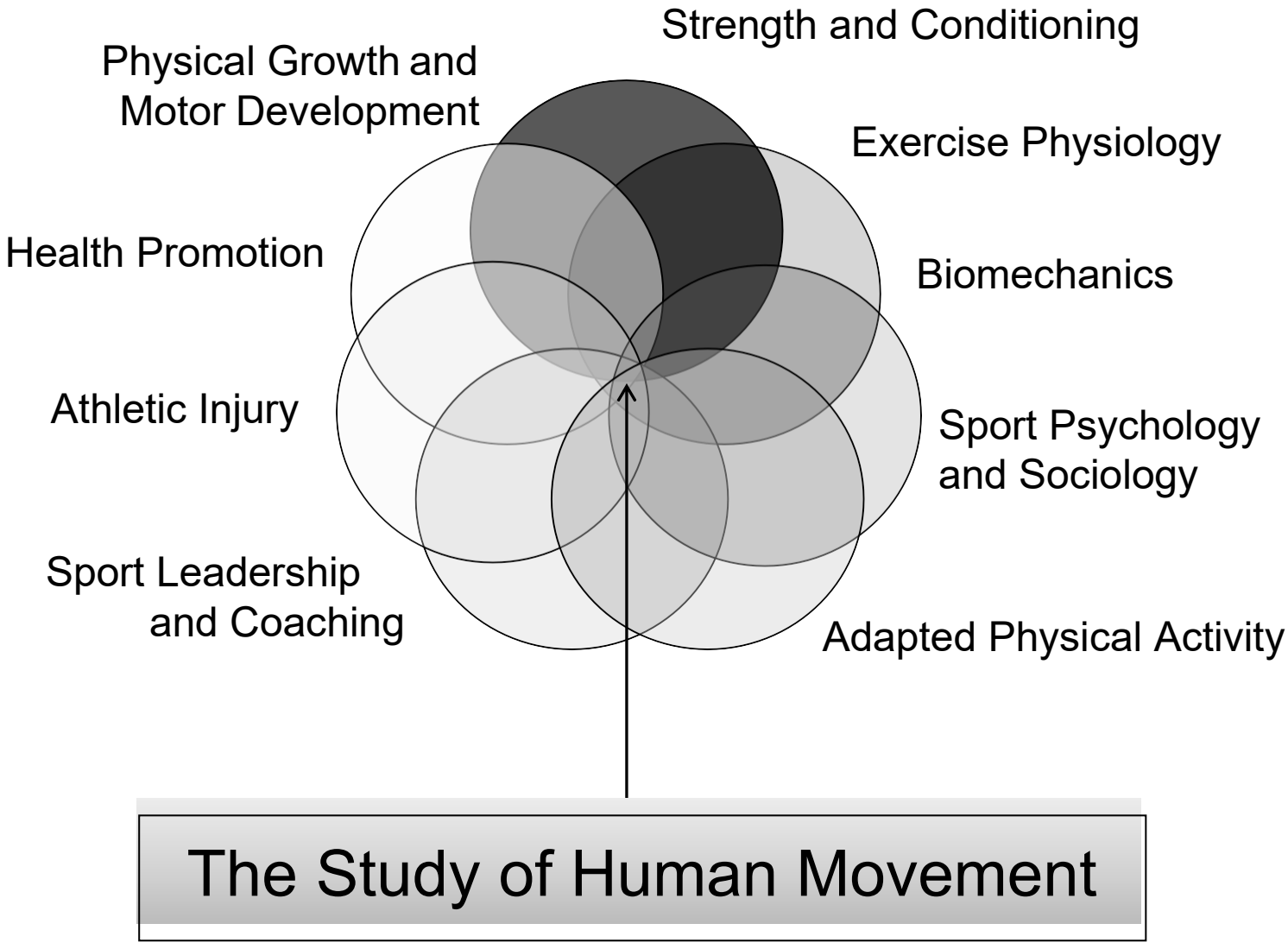
Our challenge is to provide you with information, support and guidance toward degree completion and a rewarding career in this field. Your challenge is to take full advantage of all the College and University have to offer – from advising to career exploration; from research to internships; from student organizations to Education Abroad. The responsibility is yours. The possibilities are limitless. And it begins with NSO!

We are very pleased that you have joined the Spartan family. We look forward to collaborating with you in determining and reaching your academic, career, and life goals! GO GREEN!

Sincerely,
The Kinesiology Advising Team

What is Kinesiology?

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. It includes, but is not limited to, such areas of study as exercise science, motor control and development, sports business management, athletic training and sports medicine, socio-cultural aspects of sports, sport and exercise psychology, fitness leadership, and pre-professional preparation for physical therapy, occupational therapy, medicine and other clinical-related health fields.



KINESIOLOGY MAJOR COURSE RECORD FOR STUDENTS ENTERING MSU FS23

Name:_____ Minor:_____

Career Interest: _____

MSU UNIVERSITY REQUIREMENTS – Apply to all MSU majors								
WRA – Writing, Rhetoric, and American Cultures					**MTH – Minimum: MTH 103 and MTH 114 or MTH 124 or STT 200/201**			
WRA 101		4			MTH 103 (below) **and/or**	3	-	-
IAH – ARTS/HUMANITIES					MTH/STT _____	3-5		
IAH 201-210	I / N / D	4						
IAH 211 and higher	I / N / D	4			**ISB/ISP – GENERAL SCIENCE**			
ISS – SOCIAL SCIENCES					ISB (*satisfied by PSL 250 below*)			
ISS 200-level	I / N / D	4			ISP (*satisfied by CEM 141 below*)			
ISS 300-level	I / N / D	4			ISB/ISP Lab - CEM 161 Chem Lab I	1		

FOUNDATIONAL CORE REQUIREMENTS – minimum 2.0 grade *in each course*	CR	SEM	GR
MTH 103 College Algebra OR [MTH 103A and MTH 103B]	3		
CEM 141 General Chemistry	4		
KIN 210 Principles of Exercise Physiology	3		
KIN 216 Principles of Human Anatomy	3		
KIN 220 Principles of Sports Medicine	3		
KIN 240 Principles of Biobehavioral Health	3		
KIN 251 Principles of Movement (satisfies one credit of University Lab Requirement)	4		
PSL 250 Introductory Physiology	4		

KIN CORE COURSES – minimum 2.0 grade point average *overall for all courses*	CR	SEM	GR
KIN 310 Physiological Bases of Physical Activity (P: KIN 210)	3		
KIN 330 Biomechanics of Physical Activity (P: KIN251)	3		
KIN 345 Sport and Exercise Psychology (W) (P: KIN 240)	3		
KIN 360 Physical Growth/Motor Behavior (P: KIN 216/ANTR 350 AND KIN251)	3		

KIN FRONTIERS and INTERNSHIP COURSE REQUIREMENTS	CR	SEM	GR
KIN 190 Frontiers in Applied Health Sciences	1		
EXPERIENTIAL LEARNING REQUIREMENT: KIN 492, KIN 493, or KIN 496. Approval for other experiences by department (P: KIN 190 and 28 completed credits)	3		

COGNATE REQUIREMENT: COMPLETE 12 CREDITS FROM APPROVED LIST BELOW

Courses taken to satisfy KIN MAJOR, Health Promotion and Coaching Minor cannot be used to satisfy the KIN Cognate Requirement.

KIN 127 Taping and Bracing 1
KIN 174 Human Med Terminology 3
or LB 270 Medical Terminology 2
KIN 217 Applied Anatomy Lab 1
KIN 371 Intro: Research Methods 3
KIN 400 Principles of Coaching I 4
KIN 401 Principles of Coaching II 4

KIN 402 Coaching: Cond/Fitness 2
KIN 410 Advanced Exercise Phys 3
KIN 424 Psychology of Injury 3
KIN 440 Sport Psychology 3
KIN 443 Psycho-physio of Kin 3

KIN 445 Sport and PA in Society 3
KIN 456 Ethical Issues in Athletics 2
HNF 457 Sport/Cardio Nutrition 3
KIN 461 Neural Control of Human Movement 3
KIN 465 Adapted Physical Activity 3

Additional Elective Course Work (approximately 38 credits) to reach minimum of 120 credits

University Requirements

University requirements may also be satisfied by:

AP Credit , Transfer Equivalencies and/or IB Credit

Writing, Rhetoric & American Cultures (WRA)

- *Tier I Requirement:* WRA 101 (4 credits)
- *Tier II Requirement:* Kinesiology Majors will take KIN 345 (3 credits)

Integrative Studies in Arts and Humanities (IAH)

2 courses (8 credits)

- IAH course numbered between 201-210 (4 credits)
- IAH course number 211 or higher (4 credits) [P: IAH 201-210]

Integrative Studies in Social Science (ISS)

2 courses (8 credits)

- ISS at the 200-level (4credits)
- ISS at the 300-level (4credits)

University Diversity Requirement

All IAH & ISS courses will be identified with a diversity designation. This is indicated after the course title. Students must complete 2 of 3 diversity categories (D, N, I) in the required IAH/ISS courses listed above.

D = Multicultural Diversity
I = International Diversity
N = National Diversity

Mathematics Requirement (MTH)

Starting point determined by **math placement test** score and/or math transfer credit complete one of the following:

A. MTH 103A + MTH 103B + MTH 114
B. MTH 103 + MTH 114 or MTH 124
C. MTH 103 + STT 200 or STT 201 (4 credits)
D. MTH 116 (5 credits)
E. MTH 124

Integrated Studies in Biological Science (ISB) & Integrated Studies in Physical Science (ISP)

Kinesiology majors will complete the following:

- ISB = Physiology: PSL 250 (4 credits)
- ISP = Chemistry: CEM 141 (4 credits)
- ISB Lab = CEM 161 (1 credit)
- ISP Lab = KIN 251 (4 credits)

ISB/ISP lab requirement: CEM 161 and KIN 251; both are required for Kinesiology majors.

HONORS COLLEGE STUDENTS

Honors College students will take alternate courses to satisfy University Requirements:

University Integrative Studies Substitution Summary

- WRA 195H instead of WRA 101
- Two courses in arts and humanities (replaces IAH)
- Two courses in social science (replaces ISS)
- Two courses in natural science (PSL 250 + CEM 141)
- Diversity Designation not required.

KIN Foundational Core Requirements

*****Grade must be a 2.0 for EACH KIN Foundational Core Courses****

MTH 103 College Algebra (3 credits) or MTH 103A (3 credits) + MTH 103B (3 credits)
Number systems; functions and relations; exponents and logarithms; elementary theory of equations; inequalities; and systems of equations.

CEM 141 General Chemistry I (4 credits) [corequisite: MTH 103 or MTH 103B]
Elements and compounds; reactions; stoichiometry; thermochemistry; atomic structure; chemical bonding; states of matter; solutions; acids and bases; aqueous equilibria.

KIN 210 Principles of Exercise Physiology (3 credits)
Basic principles, concepts, and issues surrounding exercise physiology with a focus on cardiovascular, respiratory, musculoskeletal, and metabolic systems.

KIN 216 Applied Human Anatomy (3 credits)^
Structural anatomy of the human body. Interrelationships of structure, function, and human movement.

KIN 220 Principles of Sports Medicine (3 credits)
Basic principles, concepts, and issues surrounding sports medicine with a focus on trauma prevention, initial prehospital assessment and care, and professional aspects of healthcare.

KIN 240 Principles of Biobehavioral Health (3 credits)
Basic principles, concepts, and issues surrounding the interaction among biological, behavioral, psychological, sociocultural, and environmental variables that influence health.

KIN 251 Principles of Human Movement (4 credits)
Basic principles governing human movement with a focus on mechanics, movement coordination and motor learning aspects.

PSL 250 Introductory Physiology (4 credits)^^
Basic principles governing human movement with a focus on mechanics, movement coordination and motor learning aspects.

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^or ANTR 350 Human Gross Anatomy for Pre-Health Professionals

- prerequisite is BS 161
- more commonly transferred anatomy course
- not typically advised unless pursuing an Accelerated Nursing Program
- can be taken as an elective after KIN 216

^^or PSL 310 Physiology for Pre-Health Professionals

- prerequisite is BS 161
- typically advised for strong students pursuing a pre-Med, pre-PT, or pre-PA track
- can be taken as an elective after PSL 250

KIN Core Requirements

Cumulative (overall) grade point average must be 2.0 or higher in the four courses below

KIN 310 Physiological Bases of Physical Activity (3 credits) [prerequisite: KIN 210]
Acute and chronic effects of exercise on various body systems. Principles of training, exercise prescription, and the role of physical activity in health and disease.

KIN 330 Biomechanics of Physical Activity (3 credits) [prerequisite: KIN 251]
Biomechanical analysis of human movement based upon musculoskeletal structure and function. Mechanical principles.

KIN 345 Exercise Psychology (W) (3 credits) [prerequisite: KIN 240 + WRA 101]
Theoretical, conceptual, and practical issues related to the psychology of exercise behaviors.

KIN 360 Physical Growth and Motor Behavior (3 credits) [prerequisite: KIN 216/ANTR 350 + KIN 251]
Physical growth and biological maturity as related to motor performance and development. Sequential progressions of fundamental motor skills. Physical fitness of children and youth. Motor abilities. Stages of skill acquisition.

Other Required KIN Courses

KIN 190 Frontiers in Applied Health Sciences (1 credit)
Introduction to applied health science related fields including an overview of careers with additional focus on strategies to achieve academic success and career goals.

Experiential Learning Requirement (3 credits) [prerequisite: KIN 190 + sophomore standing/28 credits] *Department approved study abroad, service, research, or internship experience. See Experiential Learning page for more details.*

CEM 161 Chemistry Laboratory I (1 credit) [corequisite: CEM 141]
Introduction to basic chemistry laboratory techniques, including measurements, chemical reactions, and basic spectroscopy. *will accept the following from major changers or transfer students: ISB LAB, ISB 201L, ISB 208L, ISP 203L, ISP 205L, ISP 209L, ISP 217L

KIN Cognate Requirement

*****Students must take at least 12 credits from classes below*****

KIN 127 Taping & Bracing (1 credit)
Introduction to taping and bracing for athletic injuries.

KIN 174 Human Medical Terminology (3 credits) or* LB 270 Medical Terminology (2 credits)
Foundational medical terminology with a focus on cardiovascular, pulmonary, musculoskeletal, and neurological systems. Common prefixes, suffixes and root words organized by body system, structures and functions, diagnostic procedures, and treatments.

KIN 217 Applied Anatomy Laboratory (1 credit) [prerequisite: KIN 216 or ANTR 350]
Major bones, muscles, nerves, vessels, and organs of the human body. Articulations, muscle origins, muscle insertions, and prime moving actions.

KIN 371 Introduction to Research Methods (3 credits) [prerequisite: KIN 210 + KIN 240]
Research methods as they apply to Kinesiology, study design, statistics, elements of scientific process, scientific writing.

KIN 400 Principles of Coaching I (4 credits) [prerequisite: Junior Standing/56 credits]
Basic principles of anatomy, biomechanics, and physiology for coaching competitive sports. Applications to athletes of different ages and abilities.

KIN 401 Principles of Coaching II (4 credits) [prerequisite: Junior Standing/56 credits]
Sociological, administrative, philosophical, legal, ethical, and chemical health issues related to coaching competitive sports. Applications to athletes of different ages and abilities.

KIN 402 Coaching for Strength, Conditioning, and Fitness (2 credits) [prerequisite: KIN 210 + Sophomore Standing/28 credits]
Basic and advanced theoretical and practical principles of coaching/training for increased fitness and/or sports performance. Individual applications to diverse populations.

KIN 410 Advanced Exercise Physiology (3 credits) [prerequisite: KIN 310]
Advanced concepts, principles, and techniques in exercise physiology with a focus on metabolic, muscular, and cardiovascular responses to various types of exercise. Evaluation, measurement, and program development to promote health and well-being.

KIN Cognate Requirement

KIN 424 Psychology of Injury (3 credits) [prerequisite: KIN 220 + Sophomore Standing/28 credits]
Basic principles, concepts, and issues surrounding sports medicine with a focus on trauma prevention, initial prehospital assessment and care, and professional aspects of healthcare.

KIN 440 Advanced Sport Psychology (3 credits) [prerequisite: KIN 345 + Sophomore Standing/28 credits]
Advanced concepts, principles, and techniques in sport psychology with a focus on performance in sport, team dynamics, communication, and psychological skill development.

KIN 443 Psychophysiological Aspects of Kinesiology (3 credits) [prerequisite: KIN 345 + Sophomore Standing/28 credits]
Interaction between psychological processes and physiological parameters in exercise science. Utilization of psychophysiological techniques for assessing psychological consequences of exercise and physical activity engagement.

KIN 445 Sport and Physical Activity in Society (3 credits) [prerequisite: KIN 345 + Sophomore Standing]
Sociocultural context of and social practices in sport and physical activity.

KIN 456 Ethical Issues in Athletics (2 credits) [prerequisite: Junior Standing/56 credits]
Ethics of sports at the institutional level in contemporary society. Political, social, and commercial pressures.

HNF 457 Sports and Cardiovascular Nutrition (3 credits) [prerequisite: HNF 150 + PSL 250 or PSL 310 + KIN 310]
Nutrition for optimizing sport training, recovery, and performance; power, intermittent, and endurance sports. Role of nutrition, physical activity, and exercise on cardiovascular and overall health.

KIN 461 Neural Control of Human Movement (3 credits) [prerequisite: KIN 360]
Advanced concepts, principles, and techniques in understanding the neural control of human movement. Focus on structure-function relationships in healthy humans, and individuals with movement disorders.

KIN 465 Adapted Physical Activity (3 credits) [prerequisite: KIN 240]
Teaching and coaching physical activities for persons with disabilities.

Popular KIN Electives

AAAS 100	Pathways in African American and African Studies (3) *C: WRA 101*
ACC 230	Survey of Accounting Concepts (3)
ADV 205	Principles of Advertising (3)
ANP 200	Navigating Another Culture (3)
ANP 201	Intro to Cultural Anthropology (3)
ANP 270	Women and Health: Anthropological and International Perspectives (3)
BUS 109	Intro to Business in a Digital Society (3)
CAS 114	Creativity and Innovative Entrepreneurship (3)
CEP 240	Intro to Exceptional Learners (3)
CEP 260	Dynamics of Personal Adjustment (3)
CEP 261	Substance Abuse (3)
COM 100	Human Communication (3)
COM 225	Intro to Interpersonal Communication (3)
CSD 203	Intro to Communicative Science and Disorders (3)
CSS 202	World of Turf (2)
CSS 202L	World of Turf Lab (1) *C: CSS 202*
CSS 203	World of Soils (2)
CSS 222	New Horizons in Biotechnology (2)
CSUS 273	Intro to Travel and Tourism (3)
CLS 201	Intro to Chicano/Latino Studies (3)
EAD 315	Student Leadership Training (3)
EC 201	Intro to Microeconomics (3)
EC 202	Intro to Macroeconomics (3)
ESHP 170	Startup: Business Model Development (3)
ESHP 190	The Art of Starting (3)
GEO 151	Intro to Human Geography (3)
GEO 204	World Regional Geography (3)
GEO 214	Geography of Drugs (3)
GEO 215	Geography of Sports (3)
GEO 235	Geography of Environment and Health (3)
GEO 435	Geography of Health and Disease (3)
HDFS 145	The Individual, Couples, and Families (3)
HDFS 211	Child Growth and Development (3)
HDFS 212	Children, Youth, and Family (3)
HDFS 225	Lifespan Development in the Family (3)
HDFS 238	Personal Finance (3)

C = Corequisite (must be taken before or with class)
P = Prerequisite (must be taken before class)

Course Descriptions

Popular KIN Electives

HNF 150	Intro to Human Nutrition (3)
HNF 220	History of Food and Alcohol (3)
HRLR 201	Human Capital and Society (3)
HRLR 211	Intro to Organizational Leadership (3)
HST 324	History of Sport in America (3)
HST 329	College Sports History (3)
JRN 108	The World of Media (3)
JRN 218	Sports in Contemporary Media (3) *P: WRA 101*
KIN 101-119	Kin-activities: Sport/Exercise Courses (1)
MI 101	Understanding Media and Information (3)
NUR 423	Transitional Needs in Adults with Intellectual and/or Developmental Disabilities (3)
PH 101	Intro to Public Health (3)
PH 102	Social Justice and Determinants of Health: United States (3)
PSY 101	Intro to Psychology (4)
PSY 200	Cognitive Psychology (3) *P: PSY 101*
PSY 209	Brain and Behavior (3) *P: PSY 101*
PSY 235	Social Psychology (3) *P: PSY 101*
PSY 236	Personality (3) *P: PSY 101*
PSY 238	Development Psychology: Lifespan (3) *P: PSY 101*
PSY 244	Development Psychology: Infancy to Childhood (3) *P: PSY 101*
PSY 280	Abnormal Psychology (3) *P: PSY 101*
REL 101	Exploring Religion (3)
SOC 100	Intro to Sociology (4)
SOC 214	Social Inequality (3)
SOC 215	Race and Ethnicity (3)
SOC 216	Sex, Gender, and Sexuality (3)
SOC 315	Family and Society (3)
SOC 316	Youth and Society (3)
SOC 350	Society and Mental Health (3) *P: WRA 101*
TE 101	Social Foundations of Justice and Equity in Education (3)
TE 150	Reflections on Learning (3)
SW 200	Intro to Social Work (3)
THR 100	Intro to Theatre (3)
WS 201	Intro to Women's and Gender Studies (3)

Popular KIN Electives ONLY offered in Summer (online asynchronous)

ANP 204	Introduction to Medical Anthropology (3)
HNF 101	Personal Nutrition and Health (3)
HNF 102	Dietary Supplements: Evidence vs. Hype (3)
HRLR 212	Career Management (3)

KIN Major Foundational Core Requirement

All KIN students must complete the following courses with a **2.0 or better**:

KIN 210	(3)	Principles of Exercise Physiology
KIN 216	(3)	Applied Human Anatomy
KIN 220	(3)	Principles of Sports Medicine
KIN 240	(3)	Principles of Biobehavioral Health
KIN 251	(4)	Principles of Human Movement
CEM 141	(4)	General Chemistry I
MTH 103	(3)	College Algebra
PSL 250	(4)	Introductory Physiology

Degree Summary and Credits

Kinesiology Majors	
University GEN ED Requirements	≈35
Kinesiology Courses	35
Cognate Requirement	12
Elective Courses	≈38
CREDITS REQUIRED FOR GRADUATION	120

- Grades in the following courses must equate to an *average* GPA of 2.0: KIN 310, KIN 330, KIN 345 and KIN 360.
- A minimum of 120 credits is required for a bachelor's degree at MSU.

KINESIOLOGY DEPARTMENT MINORS

Available to all MSU students

See websites for additional information and form to add a Minor to the Student Academic Record

HEALTH PROMOTION (21 credits)

KIN 210 – 3 Principles of Exercise Physiology
KIN 240 – 3 Principles of Biobehavioral Health
PSY 320 – 3 Health Psychology (P: PSY101)
HNF 150 – 3 Intro to Human Nutrition
and
Elective credits from the following – 9 credits

ANP 270	Women and Health (3)
ANP 370	Culture, Health, and Illness (3)
CEP 260	Dynamics of Personal Adjustment (3)
CEP 261	Substance Abuse (3)
EEP 260	World Food, Population, and Poverty (3)
EPI 390	Disease in Society 4
GEO 435	Geography of Health and Disease (3)
HDFS 225	Lifespan Human Dev in the Family (3)
HDFS 444	Interpersonal Relationships in the Family (3)
HDFS 445	Human Sexuality (3)
PH 101	Introduction to Public Health (3)
HNF 102	Dietary Supplements (3)
HNF 310	Nutrition for Pre-Health Professionals (3)
HNF 385	Public Health Nutrition (3)
HNF 406	Global Foods and Culture (3)
HNF 415	Global Nutrition (3)
HNF 457	Sports and Cardiovascular Nutrition (3)
PHL 344	Ethical Issues in Health Care 4
PHL 453	Ethical Issues in Global Public Health (3)
PSY 333	Neurobiology of Food Intake/Overeating (3)
SOC 475	Health and Society (3)

See College website: http://www.education.msu.edu/academics/undergraduate/kinesiology/health-promotion.asp

COACHING (25 credits)

KIN 210 – 3 Principles of Exercise Physiology
KIN 220 – 3 Principles of Sports Medicine
KIN 216 – 3 Applied Human Anatomy
KIN 345 – 3 Sport & Exercise Psychology
KIN 360 – 3 Physical Growth and Motor Development
KIN 400 – 4 Principles of Coaching I
KIN 401 – 4 Principles of Coaching II
KIN XXX – 2 Sport Coaching Course or Fieldwork
Current certification in First Aid and CPR (documented through an approved source)

See College website: http://www.education.msu.edu/academics/undergraduate/kinesiology/coaching.asp

Kinesiology Academic Four-Year Plan

Use this page as a guide, not a rigid plan. Meet with an academic advisor often!

FRESHMAN YEAR: Fall Semester through Summer Semester (28 credits by end of Summer Semester)

WRA 101	(4)
MTH XXX: See University Requirements Page for Options	(3-6)
ISS 2XX: See Schedule of Courses for Options	(4)
CEM 141 & 161: General Chemistry (4) and Lab 1 (1)	(5)
KIN 210: Principles of Exercise Physiology	(3)
KIN 240: Principles of Biobehavioral Health	(3)
Electives*	(3-9)

SOPHOMORE YEAR: Fall Semester through Summer Semester (56 credits by end of Summer Semester)

IAH 201-210: See Schedule of Courses for Options	(4)
PSL 250: Introductory Physiology	(4)
KIN 216: Applied Human Anatomy	(3)
KIN 251: Principles of Human Movement	(4)
KIN 220: Principles of Sports Medicine	(3)
Electives or Courses Left from Previous Year *	(9-12)

JUNIOR YEAR: Fall Semester through Summer Semester (88 credits by end of Summer Semester)

IAH 211-241: See Schedule of Courses for Options	(4)
ISS 3XX: See Schedule of Courses for Options	(4)
KIN 360: Physical Growth/Motor Behavior	(3)
KINTERNSHIP/Experiential learning	(3)
Two cognate courses: See KIN Program Grid for Full List	(6)
Electives or Courses Left from Previous Year *	(9-12)

SENIOR YEAR: Fall Semester through Spring Semester (120 credits by Spring or Summer Semester)

KIN 330: Biomechanics of Physical Activity	(3)
KIN 345: Sport and Exercise Psychology (Writing Tier II)	
KIN 310: Physiological Bases of Physical Activity	(3)
Two cognate courses: See KIN Program Grid for Full List	(6)
Electives or Courses Left from Previous Year *	(12+)

See suggested electives page or list on KIN website under Student Resources. Elective courses can also be used for minor completion or Pre-Professional graduate school preparation

Exploring Opportunities: What KIN You Do?

Sometimes it feels like you're supposed to have it all figured out on your first day of college; like you're supposed to know exactly what you're going to do for the rest of your life. The reality is that college is the time to begin figuring it all out! Gathering information about the field of Kinesiology starts now with job shadowing, career/graduate school exploration, informational interviewing, networking and internships.

Building a network of people who are in the field allows you to explore career possibilities, gain insight into how to prepare for jobs or grad school and might even lead to an internship or letter of recommendation! Who knows? You might discover a Kinesiology path you never considered or even knew existed!

"Making KIN-nections" is a great way to get started! Plan now to attend this career exploration event on the first Friday in November. Meet with professionals, kinesiology researchers and student organization leaders to learn more about careers and opportunities in health, wellness, fitness, sport and more.

Check out the Student Resources section of the KIN website for helpful tips and information on Making KIN-nections, strategies for career exploration, getting involved, job-shadowing, internships, and a look at what some of our KIN alumni are doing with their degrees!

The "KINternship" is required for all Kinesiology majors – What you need to know:

All Kinesiology majors must complete an experiential learning requirement, which will provide valuable field experience and integrate college learning into the professional world. (P. KIN 190 and 28 credits)

- Student Must Complete a minimum of 3 credits in Experiential Learning from one of the following:
  - KIN 492 – Experience focused on health, wellness, sport, etc.
  - KIN 493 – Exercise Physiology-based experience
  - KIN 494 – Fieldwork
  - KIN 495 – Undergraduate Experiences in Research
  - KIN 496 – Directed observation in Athletic Training
  - Any approved study abroad, service, research or internship experience

Additional information, including links and answers to frequently asked questions, is available in the Degree Requirements section of the KIN website

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KIN CAREERS

College of Education
MICHIGAN STATE UNIVERSITY

CAREER PATHWAYS

For more career info: ONETonline.org

With a Bachelor's in Kinesiology

FITNESS, WELLNESS & REHABILITATION

Certified Personal Trainer
Community Health Educator
Exercise Physiologist/Cardiac Rehabilitation Specialist
Health Club/Fitness Center Manager
Strength & Conditioning Coach
Wellness Coordinator

BUSINESS

Insurance Underwriter
Medical/Pharmaceutical Sales Rep.
Sports Event Coordinator
Technical/Healthcare Recruiter

GOVERNMENT/ NONPROFIT

Behavioral Health Technician
Case Manager
Community Coordinator

PATIENT CARE

With post-graduate certificate in accredited program

Diagnostic Medical Sonographer
Occupational Therapy Assistant
Physical Therapy Assistant
Respiratory Therapist

With an Advanced Degree

HEALTH PROFESSIONAL

Highly competitive, science curriculum

Athletic Training
Chiropractic Medicine
Medical School
Nursing (BS)
Occupational Therapy
Orthotics & Prosthetics
Physical Therapy
Physician Asst.
Speech/Language Pathology

MASTER'S

Applied Behavior Analysis
Dietetics/Nutrition
Exercise Physiology/ Kinesiology (Research)
Health Administration
Health Risk Comm.
Health Informatics
Public Health
Rehab. Counseling
Sport Management

ALUMNI STORIES AT EDUCATION.MSU.EDU/KIN/CAREERS

For career advising, make an appointment at msu.joinhandshake.com

What is Handshake?

All **Jobs** (part-time, on and off-campus, full-time and internships), **Career Events**, and Career **Advising Appointments** are found on Handshake.

It's your one-stop-shop for all things career-related. It allows you to:

- Explore majors & career paths.
- Sign up for workshops & events.
- Connect with career advisors.
- Find opportunities.

5 steps to get started with Handshake

1. **Log in to Handshake.** **Go to MSU.joinhandshake.com and use your MSU NetID and password to access your account.**

2. **Fill out your profile.** Take a moment to complete your Handshake profile and career interests to best communicate your skills and career preferences.

3. **Upload a Document.** Add your resume and make it public for employers to view. Need help creating a resume? See a career advisor!

4. **Take Handshake for a spin.** Use the search bar and filters to look for companies and jobs you're interested in. Save your searches so finding relevant employers and jobs will be easy later on.

5. **Follow jobs and employers you're interested in.** When you follow an employer or a job on Handshake, you'll automatically receive updates or new opportunities!

We're Here to Help!

Meet with a Career Advisor to get started making decision on your major and future career.

College of Education

Kathy Dietzel

134 Erickson Hall

porembia@msu.edu

(517) 353-9682

CareerNetwork.msu.edu

Student Resources

COLLEGE OF EDUCATION

- College Website http://education.msu.edu
- Advisors/Appointments http://education.msu.edu/academics/undergraduate/advisors.asp
- Kinesiology Undergraduate Website http://www.education.msu.edu/kin/undergraduate/kinesiology/
  Admission and Degree requirements, resources for students, KINternship information
- KINnections http://edwp.educ.msu.edu/kin-nections/
  Advisor blog, news and information for KIN majors

ACADEMIC SUPPORT AND ENGAGEMENT

- Academic Programs Catalog https://reg.msu.edu/AcademicPrograms/ Listing of University policies and academic programs and their requirements:
- Neighborhood Student Success Collaborative http://nssc.msu.edu
  Access point to academic support and tutoring resources, transition to college programs
- TRIO Student Support Services http://oss.msu.edu/
  For students accepted in the TRIO Program: 209 Bessey Hall, 517-353-5210
- Resource Center for Persons with Disabilities https://www.rcpd.msu.edu/ For students with documented disabilities: 120 Bessey Hall, 517-884-7273
- Writing Center http://writing.msu.edu
  Assistance and workshops, 300 Bessey Hall, 517-432-3610

CAREERS

- Kinesiology Careers Consultant http://www.education.msu.edu/resources/students/career-services.asp
- KIN Career Exploration, skill development, resume writing/review and more! 134 Erickson Hall
- Career Services Network http://careernetwork.msu.edu/
  Career advising, preparation: 556 Student Services Building, 517-355-9510

FINANCIAL AID

- Office of Financial Aid http://finaid.msu.edu 252 Student Services Building, 517-353-5940

VOLUNTEER OPPORTUNITIES

- Center for Service Learning and Civic Engagement http://www.servicelearning.msu.edu/ Outreach and community engagement opportunities: 27 Student Services Building, 517-353-4400

COUNSELING & HEALTH

- MSU Counseling and Psychiatric Services https://caps.msu.edu/
  Emergency and ongoing student support: Olin Health Center – 3rd Floor, 517-355-8270
- Olin Health Center http://www.olin.msu.edu/
  Medical care, health promotion, pharmacy services: East Circle Drive, 517-884-6546
  Neighborhood health clinics are also located in Brody, Holden, Hubbard and McDonel halls

Clubs/Organizations for KIN Majors

http://studentlife.msu.edu/ and http://education.msu.edu/academics/undergraduate/get-involved/

- **Adaptive Sports and Recreation Club** provides students opportunities to promote the health, social, and psychological benefits of physical activity for individuals with physical disabilities, through group and one- on-one athlete interaction.

- **Alternative Spartan Breaks** offers a variety of weekend, winter and spring break trips throughout the US and beyond, matching students to opportunities for community service/education, as well as exploration of cultural diversity and social justice issues.

- **Athletic Training Club** focuses on educational, outreach, and social activities for students interested in Athletic Training. Click on "AT CLUB" tab.

- **Education Abroad** offers over 275 programs in more than 60 countries around the world.

- **Exercise is Medicine** is a program that partners faculty, staff and students with physical activity mentors to promote physical activity on-campus.

- **Future Leaders in Sports & Entertainment (FLISE)** provides MSU students with the opportunity to meet with and learn from successful industry professionals in sports and entertainment.

- **Minorites Ma'KIN Moves** is a student-led organization that seeks to create and continually cultivate an academically and socially attainable space where underrepresented Kinesiology graduate and undergraduate students can unite to establish an inclusive community. To get involved, contact.

- **MSU Recreational Sports and Fitness Services** promotes healthy lifestyles for students, faculty and staff through sport, fitness and recreational activities, including Intramural and Club Sports.

- **Phi-Epsilon Kappa (PEK)** is a national professional society for students interested in Kinesiology fields. The MSU chapter conducts educational and social events and contributes to service activities on campus and in the greater Lansing area.

- **Pre-Chiropractic Association** offers education, professional interaction, graduate school information and social events for students interested in the field of Chiropractic medicine.

- **Pre-Medical Association at MSU** provides undergraduates with opportunities and information needed to be successful medical school applicants.

- **Pre-Physical & Occupational Therapy Association (PPOTA)** provides undergraduates with information needed to be successful PT or OT graduate program applicants, as well as opportunities for community service and social interaction.

- **Pre-Physician Assistant Club** informs students of the history and purpose of the profession, provides information concerning admission requirements to the Physician Assistant Programs accredited by the AAPA, and informs students about the application process through CASPA

- **Spartan Performance,** in collaboration with MSU Sports MEDICINE and Rehabilitation Medicine, employs student interns who assist in providing an integrated, holistic approach to the care and training of high school and college athletes.

KIN Research Opportunities

For additional information on research opportunities in Kinesiology, the College of Education and as the University level, please refer to the "Resources for Students" tab on the Kinesiology Undergraduate Website.

- **Center for Physical Activity and Health (CPAH)** partners with businesses, organizations, and industries to help develop policy initiatives related to promoting a healthier lifestyle.
- **Health Behaviors and Cognition Laboratory (HBCL)** engages in highly interdisciplinary research, drawing heavily from the domains of kinesiology, cognitive psychology, and neuroscience.
- **Human Energy Research Laboratory (HERL)** investigates the anatomical and physiological effects of physical activity of various types, intensity and duration, with the primary goal of enhancing human health and wellness.
- **Institute for the Study of Youth Sports (ISYS)** provides leadership, conducts scientific research and engages in service or outreach in youth sports to maximize the beneficial physical, psychological and social effects of participation for children and youth while minimizing detrimental effects.
- **Motor Learning and Rehabilitation Engineering Laboratory (MOTRE)** focuses to understand the fundamental questions of skilled and coordinated motor learning, especially in the context of the rehabilitation of movement disorders.
- **Motor Neuroscience Laboratory (MNL)** uses behavioral and neurophysiological research techniques to address questions about brain mechanisms underlying human motor control.
- **Physical Activity in Youth with Disabilities (PLAY'd) Lab** focuses on the health and development of typically developing children and children with Down syndrome and Autism Spectrum Disorder**.** Research and understanding of how the promotion of physical activity in early life influences body composition and motor skill development throughout childhood.
- **Sensorimotor Development Lab (SDLab)** focuses on motor development throughout the lifespan, specifically in the context of how infants and young children learn to interact with the surrounding environment and how new behaviors and movement patterns emerge out of previous ones.
- **Social & Motivational Processes in Physical Activity Lab (SiMPL)** targets social and motivational processes within sport, physical education, and other youth physical activity contexts. Explores how physical activity contributes to psychological and social development as well as how to promote physical activity behavior in youth.
- **Spartan Motorsport Performance Lab** pioneers research in professional motorsports, working with leading drivers, teams and organizations through several concurrent studies.
- **Sports Injury Research Laboratory (SIRL)** focuses in the areas of knee joint injury and sport related concussion.
- **Sports Skills Program (SSP)** provides students with an opportunity to facilitate sports skills development in children and adults with disabilities. Students enroll in KIN 465, Adapted Physical Activity.
- **Exergames Research Lab (XRL)** is dedicated to improving the way people exercise by leveraging the potential of exergames (exercise video games) and group dynamics theories to enhance motivation during activity.

KIN-NECTIONS

NEWS AND INFORMATION FOR **KINESIOLOGY MAJORS**

STAY INFORMED...

ACADEMIC REMINDERS

COLLEGE ANNOUNCEMENTS

STUDENT & ALUMNI STORIES

CAREER INFORMATION

TO SUBSCRIBE:

1. GO TO **EDUCATION.MSU.EDU/ED-CONNECT**
2. TYPE IN YOUR NAME & MSU EMAIL, THEN CLICK SUBSCRIBE
3. RECEIVE BRIEF WEEKLY EMAIL UPDATES FROM YOUR KIN ADVISING TEAM

– Notes –

College of Education
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