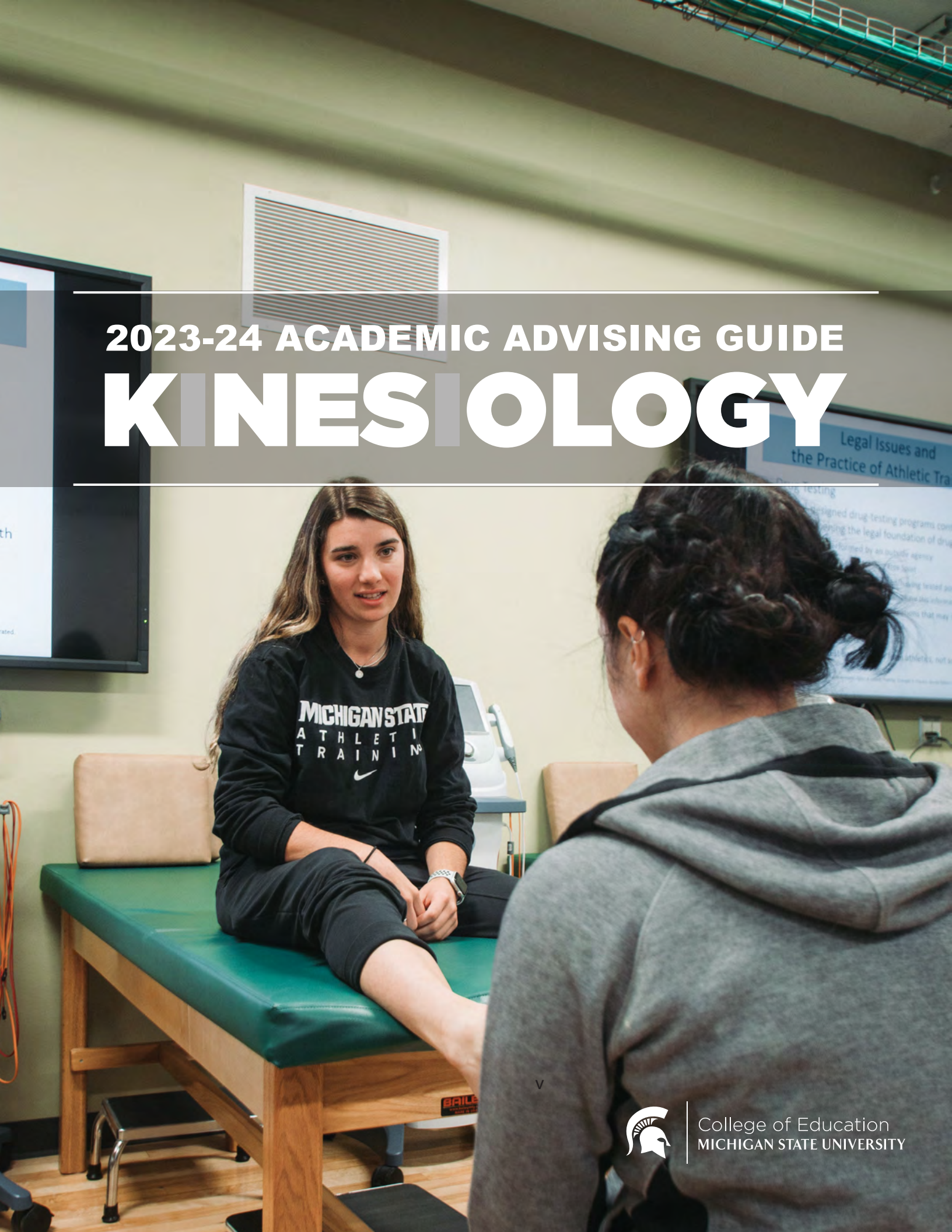
2023-24 ACADEMIC ADVISING GUIDE

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.

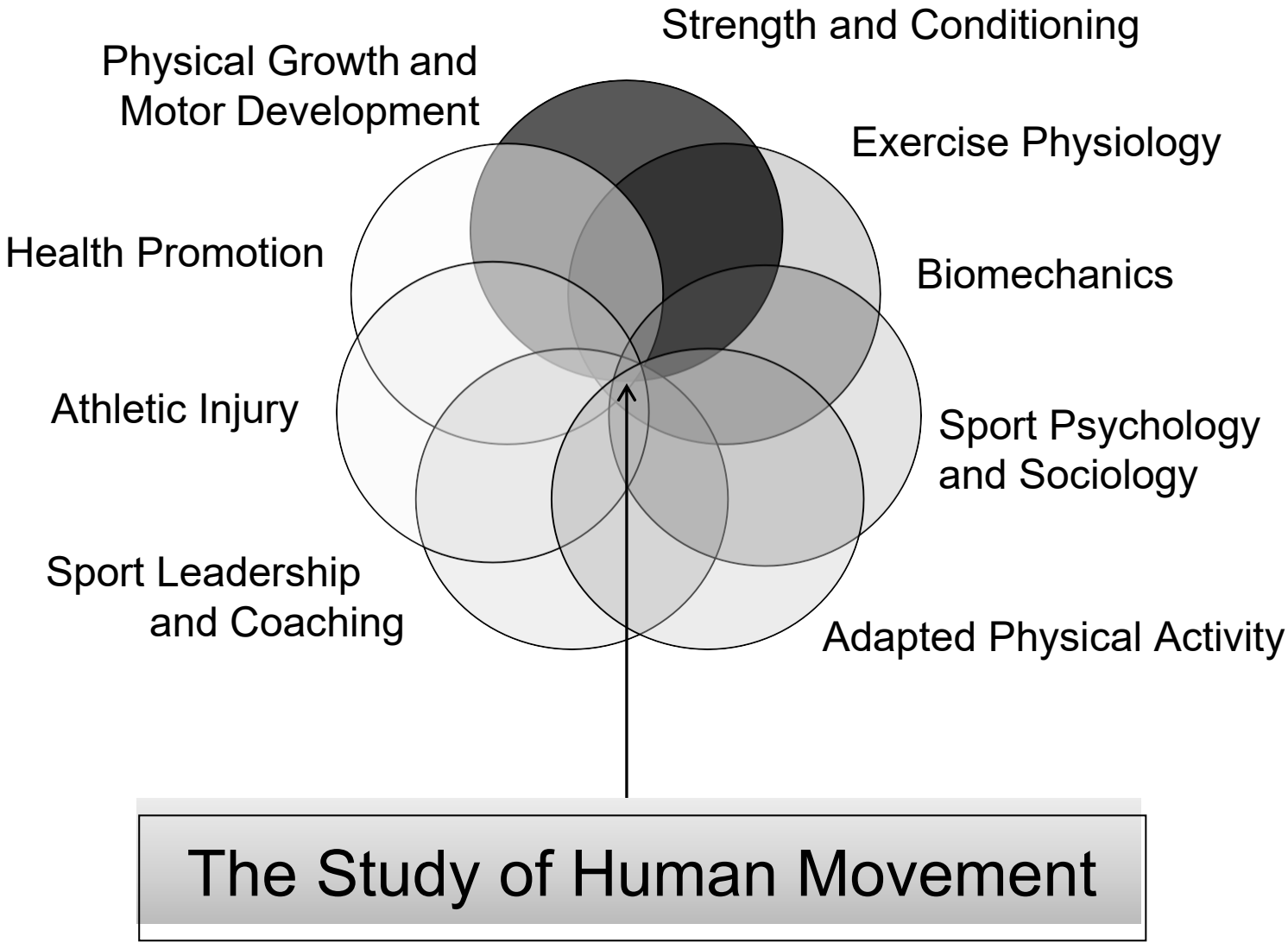
Our challenge is to provide you with information, support and guidance toward degree completion and a rewarding career in this field. Your challenge is to take full advantage of all the College and University have to offer – from advising to career exploration; from research to internships; from student 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 Applied 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: Completion of this requirement may be fulfilled by enrollment in KIN 492, KIN493, KIN494, KIN495, KIN496, or any approved study abroad, service, research, or internship experience (p. KIN 190)	3-6		

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
KIN 465 Adapted Physical Activity 3
KIN 457 Sport/Cardio Nutrition 3
or HNF 457 Sport/Cardio Nutrition 3
KIN 461 Neural Control of Human Movement 3

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

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)
HM 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

University Requirements

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 201-210 (4 credits)

IAH 211 and higher (4 credits)

Integrative Studies in Social Science (ISS)

2 courses (8 credits)

ISS 200-level (4 credits)

ISS 300-level (4 credits)

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 4 required IAH/ISS courses listed above.

D = Multicultural Diversity

I = International Diversity

N = National Diversity

Mathematics Requirement (MTH)

Complete 1 of the following:

a. MTH 103 (or MTH 103A + 103B) + MTH 114
b. MTH 103 (or MTH 103A + 103B) + MTH 124
c. MTH 103 (or MTH 103A + 103B) + STT 2XX
d. MTH 116 or MTH 124 or MTH 132

MTH 103A + MTH 103B can substitute for MTH 103. MTH 103A is graded as P/F. Both classes must be passed to count as MTH 103.

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/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:

- 1 course in introductory writing
- 2 courses in the area of the arts and humanities
- 2 courses in the area of the social sciences
- 2 courses in the area of the natural sciences – CEM 141 & PSL 250 for Kinesiology majors

See the Honors College website for additional information.

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.

Suggested Elective Courses for Kinesiology Majors

All Students

ADV 205 Principles of Advertising (3)
ADV 260 Principles of Public Relations (3)
ANP 200 Navigating Another Culture (2)
ANP 204 Intro to Medical Anthropology (3, US)
ANP 270 Women & Health Perspectives (3, FS & US)
CAS 114 Creativity and Entrepreneurship (3)
CEP 240 Diverse Learners in a Multicultural Perspect (3)
CEP 260 Dynamics of Personal Adjustment (3)
CEP 261 Substance Abuse (3)
COM 100 Human Communication (3)
COM 225 Interpersonal Communication (3)
COM 240 Intro to Organizational Communication (4)
COM 275 Effects of Mass Communication (3)
CSD 203 Intro to Communicative Sciences (3)
CSS 120 Issues in Food and Agriculture (3, FS)
CSS 202 World of Turf (2)
CSS 222 New Horizons in Biotechnology (2, FS)
CSUS 273 Introduction to Travel & Tourism (3, FS & SS)
EAD 315 Student Leadership (3)
EPI 200 Multi-disciplinary Approach to Global Public Health & Epidemiology (3, FS) *Dept approval*
ESHP 190 The Art of Starting (3, FS & SS)
FL Foreign Language
Check schedule for semester options
GEO 214 Geography of Drugs (3, FS even years)
GEO 215 Sports Geography (3, FS odd years)
GEO 235 Geography Environment & Health (3, SS)
HB 100 Intro to Hospitality Business (2)
HB 105 Service Management Principles (2) *Rec: HB 100*
HDFS 145 The Individual, Couples & Families (3)
HDFS 211 Child Growth and Development (3)
HDFS 212 Children, Youth and Family (3)
HDFS 225 Lifespan Human Development in the Family (3)
HDFS 238 Personal Finance (3)
HM 101 Introduction to Public Health (3)
HNF 101 Personal Nutrition and Health (3, US)
HNF 102 Dietary Supplements (3, US)
HNF 150 Introduction to Human Nutrition (3)
HRLR 212 Career Management (3, US)
HST 220 History of Food and Alcohol (3, FS)
HST 324 History of Sport in America (3, SS & US)
HST 329 College Sports History (3, FS & SS)
JRN 108 The World of Media (3)
JRN 218 Sports Media I (3, FS)
KIN 125 First Aid & Personal Safety (3, FS & SS)
KIN 1XX Kinesiology Activity classes (1)
Check schedule for semester options
KIN 465 Adapted Physical Activity (3) *P: KIN 173*
LB 240 Bioethics: Theories & Methods (2) *P: WRA 101*
LB 270 Medical Terminology (2, US) *P: PSL 250*
MI 101 Understanding Media & Info (3)
PSY 101 Introductory Psychology (4)
PSY 238 Developmental Psychology: Lifespan (3, FS) *P: PSY 101*
PSY 244 Developmental Psychology: Infancy through Childhood (3) *P: PSY101*
RAD 590 Independent Study in Radiology (1 or 3) (Spartan Performance)
REL 185 Intro to Religion & Nonprofits (3, FS & SS)
SOC 100 Introduction to Sociology (4)
SOC 214 Social Inequality (3)
SOC 215 Race and Ethnicity (3)
SOC 216 Sex and Gender (3)
SOC 316 Youth and Society (3)
SOC 350 Society and Mental Health (3)
TE 101 Social Foundations of Justice and Equity in Education (3)
UGS 1xx *Check schedule for semester options*

Juniors and Seniors Only

ANP 370 Culture, Health & Illness (3) *P: ANP 201 or ANP 204 or WRA 101*
ANP 425 Issues in Medical Anthropology (3,FS)
P: ANP 201 or ANP 204
CEP 460 Communication Skill Training for the Helping Professional (3, FS & SS)
CEP 470 Disabilities in a Diverse Society (3, FS & SS)
COM 300 Methods of Communication Inquiry (3) *P: Completion of Univ Math Requirement*
COM 302 Special Topics in Health Communication (3, FS) *P: COM 300*
COM 310 Intercultural Communication (3, SS & US)
EC 370 Economics of Sport (3, US) *P: EC 201*
ENG 473A Literature and Medicine (3, FS) *P: WRA 101*
EPI 390 Disease in Society (4, SS & US)
EPI 495 Epidemiology & Behavioral Health in Society (3, US)
GEO 435 Geography of Health Disease (3, FS)
HDFS 445 Human Sexuality (3)
HDFS 449 Special Needs Children & their Families (3, SS) *P: HDFS211*
HNF 310 Nutrition in Medicine for Pre-Health Professionals (3, SS & US) *P: HNF 150 C: PSL 250*
HNF 385 Public Health Nutrition (3, FS & US)
P: HNF 150 and STT 200 or 201

Juniors and Seniors Continued

HNF 406 Global Foods & Culture (3, US & SS) C: HNF 150, ISS 2xx
HNF 457 Sports & Cardiovascular Nutrition (3,SS) *P: HNF 150, PSL 250 and KIN 310*
HST 425 American & European Health Care since 1800 (3, US) *P: WRA 101, Sophomore Standing)*
ISS 328 Social Science of Sport (4, FS & US) *P: ISS 2xx, Sophomore Standing*
KIN 300-X Coaching classes (2) *P: Sophomore Standing Check schedule for semester options*
KIN 402 Coaching for Strength & Conditioning & Fitness (2, SS)
KIN 424 Psychology of Injury (3, FS & US)
KIN 443 Psychophysiological Aspects of KIN (3, FS)
KIN 454 Facility Planning and Construction (3, SS)
NUR 423 Transitional Needs in Adults with Intellectual/Developmental Disabilities (3
OST 401 Selected Topics in Osteopathic Medicine (1)
PHL 344 Ethical Issues in Health Care (4)
PHL 453 Ethics in Global Health Care (3, SS)
PHM 321 Common Drugs (3, FS & SS) *P: PSL250*
PSY 317 Sexual Assault (3, US) *P: PSY101*
PSY 320 Health Psychology (3) *P: PSY101*
PSY 333 The Neurobiology of Food Intake and Overeating (3, FS) *P: PSY101, Rec: PSY 209*
SOC 475 Health and Society (3, FS & SS)

Suggested Electives for Students Interested in Business and/or Sport Management

ACC 230 Survey of Accounting Concepts (3)
ADV 205 Principles of Advertising (3)
ADV 225 Writing for Public Relations (3) *Dept Approval*
ADV 260 Principles of Public Relations (3)
ADV 420 New Media Driver's License (3) *P: Sophomore Standing*
BUS 291 Introduction to Business (3, FS)
CAS 114 Creativity & Entrepreneurship (3)
COM 100 Human Communication (3)
COM 225 Interpersonal Communication (3)
COM 240 Intro to Organizational Communication (4)
COM 275 Effects of Mass Communication (3)
COM 300 Methods of Communication Inquiry (3) *P: Completion of Univ Math Requirement*
COM 310 Intercultural Communication (3, SS & US)
COM 325 Interpersonal Influence & Conflict (3) C*: COM 300 or MKT 313*
EAD 315 Student Leadership (3)
EC 201 Introduction to Microeconomics (3)
EC 202 Introduction to Macroeconomics (3) EC
370 Economics of Sport (3, US) *P: EC 201* ESHP
190 The Art of Starting (3, FS & SS)
GEO 215 Sports Geography (3, FS odd years)
HB 420 The Business of Golf (3) *P: Junior Standing*
HST 324 History of Sport in America (3, SS & US)
HST 329 College Sports History (3, FS & US)
HRLR 201 Human Capital and Society (3, FS & SS)
HRLR 211 Intro to Organizational Leadership (3)
HRLR 311 Applied Org Leadership (3) *P: HRLR 211*
ISS 215 Social Differentiation and Inequality (4)
ISS 328 Social Science of Sport (4, FS & US) *P: ISS 2xx, Sophomore Standing*
JRN 108 Introduction to Mass Media (3)
JRN 200 Writing and Reporting News I (3) *P: WRA 101 and Dept Approval*
JRN 218 Sports in Contemporary Media (3, FS & SS) *P: WRA 101*
JRN 417 Sports Reporting II (3) *P: JRN 200 and JRN 218*
KIN 401 Principles of Coaching II (4, SS) P: Junior Standing
KIN 454 Facility Planning and Construction (3, SS)
KIN 456 Ethical Issues in Athletics (2, US) *P: Junior Standing*
KIN 490 Independent Study (1-4) *see KIN advisor*
KIN 494 Fieldwork (1-4) *see KIN advisor*
MGT 325 Management Skills & Processes (3) *P: Junior Standing*
MGT 479 Sports Business Management (3) *Dept Approval*
MI 101 Understanding Media & Information (3)
MI 201 Media & Information Technologies & Industries (3) *P: MI 101*
MI 301 Bringing Media to Market (3, SS & SS) C*: MI 201 or P: CAS 114 or ESHP 190*
MKT 327 Intro to Marketing (3) *P: Junior Standing*
PHL 345 Business Ethics (4, FS) *P: Junior Standing*
PSY 255 Industrial & Organizational Psychology (3, SS) *P: PSY 101*

Classes offered every semester unless otherwise noted:

FS = Fall Semester	SS = Spring Semester	US = Summer Semester
P = Prerequisite	C = Concurrent Prerequisite	Rec: Recommended Prerequisite

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

Academic Planning Tools

STU·INFO

StuInfo is the gateway to your MSU student records and can be used to view confidential messages, course schedules and grades, student account information, HOLDS, unofficial transcripts, important dates and much more. Consider StuInfo as your “Nerve Center” throughout your time at Michigan State!

- Go to stuinfo.msu.edu and log in using your MSU username and password
- Use the tabs or Quick Links to navigate to the information you need
- Confidential messages are stored under the “Other” tab
- You can also find StuInfo in the Student Information System {SIS) on your Resources Tile/"Student Resources"

CLASS SEARCH, SHOPPING CART and ENROLLMENT

Students can access the class schedule by logging in to SIS at student.msu.edu and clicking on the "Classes" tile.

1. From the home page select the Classes tile. "Manage Classes" will open with a list of menu items.
2. Click Class Search & Enroll from the left-side menu.
3. Select a semester.
4. Search for class by Subject/Catalog Number OR Keyword Search
5. Click the Search icon. A list of classes will appear in the search results list.
6. Click a course in the results list to view Details, Availability and Textbook information.
7. On the Details tab, click Enroll or Add to Cart.
8. Review Class Preferences to verify course selection and CLICK ACCEPT.
9. Review course/days/times and CLICK SUBMIT.

A Confirmation page will appear with a green checkmark indicating that the class has been added to your schedule. Help videos and Guides are available at https://sis.msu.edu/help/enrollment.html.

HOW TO MAKE AN ACADEMIC ADVISING APPOINTMENT

Advising appointments are your opportunity for one-on-one time to discuss your program requirements, course schedule planning, career exploration and much more. Go to https://student.msu.edu to sign in with your two-factor authentication.

- From the home page, select the Academic Progress tile
- Click the tab on the left, labeled Advising/Tutoring Appointments
- Click Create New Appointment in the upper right corner
- Category: choose Advising
- Advising/Tutoring Unit: select College of Education
- Appointment Reason: click the magnifying glass to select a reason: Kinesiology or a Minor
- Additional Information: include details to help the advisor prepare for your appointment {required)
- Select Appointment Type
- Click on Select Advisor
- Click the Time Selected drop-down menu to view available times; click on "Next Days" to make sure you are seeing all the open times
- Click on Select Time to confirm the appointment
- Click Book It "

If you need assistance, please visit the SIS Help page.

Tips for Success from MSU Students to MSU Students

College can be a big and scary place if you do not know what to expect. We asked students who have been there to share some great inside information. Read on!

Go to class!

When you feel the urge to skip class, remember missed material is impossible to get back. Borrowing another student's notes doesn't replace your understanding of what was discussed in class. For the next four years, taking classes is like a full-time job so plan to show up every day!

Don't just memorize. Learn, process, relate and APPLY.

What separates memorization from learning is a sense of meaning. When you just memorize a fact, it's arbitrary, interchangeable and sometimes, meaningless. You need to understand the context of what you are learning, especially since it will apply to other classes you take at MSU. Successful mastery of the KIN 173 Foundations of Kinesiology course material, for example, will definitely lead to successful understanding of your Anatomy and Physiology classes next year!

Your instructors are there for you.

Get to know your course instructors and TAs. Ask questions in class if you aren't sure about the material. Taking advantage of instructor office hours can give you important insight, clarify information and enhance performance on tests. Your instructors are there to help.

Meet with an academic advisor at least once a semester.

Academic advisors can keep you on track with your degree requirements, ensure that your semester loads are balanced, explore KIN career paths, and much more. Come see us! Take advantage of our great Peer Advisors, too. They have been where you are!

Develop good study habits.

Research proves that cramming is not conducive to effective learning and test taking. It takes the human brain time to form long-term memories. If you prepare ahead of time and then review material and class notes each week, you will perform better on exams. Check out good strategies on the KIN website under Resources for Students!

Keep Academic Integrity.

One paper or exam grade is not worth the possibility of getting expelled from MSU, or not getting into graduate school because of plagiarism or cheating.

MSU is a great place to meet other students.

- Attend athletic events. Having top-10 programs in both basketball and football is a true rarity. Enjoy the Spartan Spirit!
- Explore student organizations/clubs on campus and attend special events. Studies show that student involvement leads to student success.
- Be open minded; you will meet lots of new people at MSU and you never know what each person has to offer.
- Explore things that interest you; college is about growing and learning about yourself.
- You're at a wonderful place. Maximize your experience and enjoy!

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)

- 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

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. http://www.recsports.msu.edu/adaptiverec/adaptiveclub.html

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. http://asb.msu.edu/

Athletic Training Club focuses on educational, outreach, and social activities for students interested in Athletic Training. http://athletictraining.msu.edu/index.html Click on "AT CLUB" tab.

Education Abroad offers over 275 programs in more than 60 countries around the world. Check out KIN-specific programs in Australia, Ghana and Tanzania! http://educationabroad.isp.msu.edu/

Exercise is Medicine is a program that partners faculty, staff and students with physical activity mentors to promote physical activity on-campus. https://www.facebook.com/MichiganStateEIMOC/

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. https://msuflise.com/

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 MMM.

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. http://www.recsports.msu.edu/about/index.html

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. https://www.facebook.com/groups/MSUpek/

Pre-Chiropractic Association offers education, professional interaction, graduate school information and social events for students interested in the field of Chiropractic medicine. https://www.facebook.com/groups/msupca/

Pre-Medical Association at MSU provides undergraduates with opportunities and information needed to be successful medical school applicants. https://www.facebook.com/groups/MSUPMA/

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. https://www.facebook.com/groups/189846831981/

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. https://www.facebook.com/groups/5966165793/

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. http://spartanperformance.msu.edu/

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. http://www.education.msu.edu/kin/undergraduate/kinesiology/resources/#research-opportunities

Center for Physical Activity and Health (CPAH) partners with businesses, organizations, and industries to help develop policy initiatives related to promoting a healthier lifestyle. http://education.msu.edu/kin/cpah/

Health Behaviors and Cognition Laboratory (HBCL) engages in highly interdisciplinary research, drawing heavily from the domains of kinesiology, cognitive psychology, and neuroscience. http://education.msu.edu/kin/hbcl/

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. http://edwp.educ.msu.edu/isys/

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. https://sites.google.com/site/motrelab/home

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. http://education.msu.edu/kin/playdlab/

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. http://education.msu.edu/kin/research/sdlab/index.html

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. http://www.education.msu.edu/kin/research/SiMPL/index.html

Spartan Motorsport Performance Lab pioneers research in professional motorsports, working with leading drivers, teams and organizations through several concurrent studies. http://education.msu.edu/kin/smpl/

Sports Injury Research Laboratory (SIRL) focuses in the areas of knee joint injury and sport related concussion. http://education.msu.edu/kin/sirl/

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. http://education.msu.edu/kin/research/ssp.asp

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. http://education.msu.edu/kin/xrl/

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 –

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MICHIGAN STATE UNIVERSITY

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EDUCATION.MSU.EDU/CONNECT

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