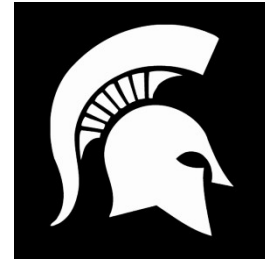


**2026-27 ACADEMIC ADVISING GUIDE**  
**KINESIOLOGY**



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, and movement. The bachelor's degree program in kinesiology is designed to prepare students to enter a variety of fields associated with sport, exercise, and allied health, including professional graduate schools in medicine, physician assistant, nursing, physical therapy, occupational therapy, cardiac rehabilitation, athletic training, and chiropractic medicine. Students who graduate from this program often enter professional exercise science programs or graduate programs in the applied health sciences. We encourage you to explore your opportunities, cultivate your mentors and find your passion throughout your time at MSU.

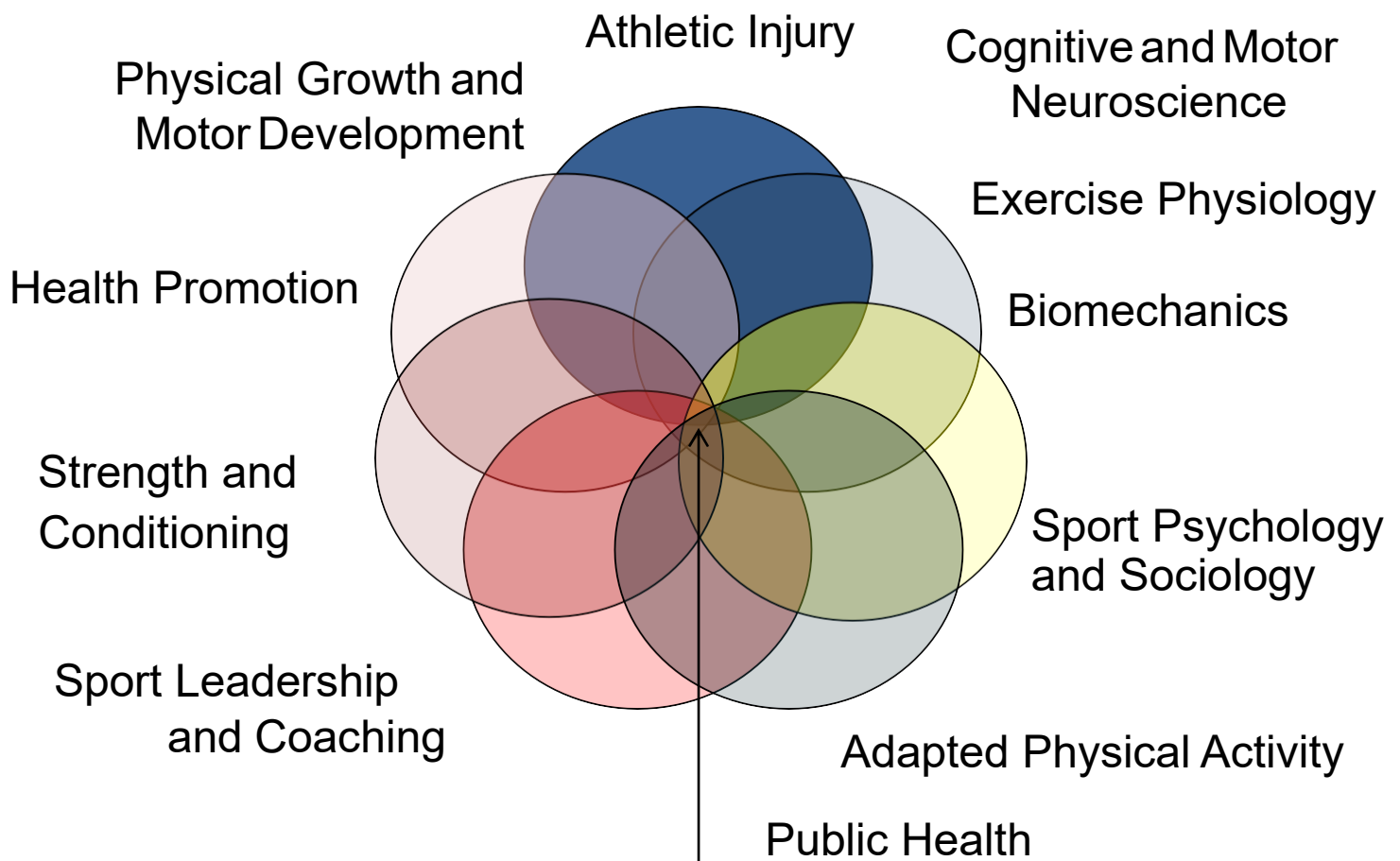
Our challenge is to provide you with information, support and guidance toward degree completion and a rewarding career in this field. Your challenge is to take full advantage of all the College and University have to offer – from advising to career exploration; from research to internships; from student 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. Kinesiology explores not only anatomical, biological, biomechanical, and neurological aspects of physical activity; but also psychological, social-humanistic, and medical perspectives. The major in kinesiology places emphasis on the multi-dimensional study and application of physical activity to enhance health and wellbeing.



**The Study of Human Movement**



## KINESIOLOGY MAJOR COURSE RECORD

Freshman/Sophomore Year Requirements				
University Requirements	Prerequisite	Credits	Semester	Grade
WRA 101		4		
IAH 201-210		4		
IAH 211+	IAH 201-210	4		
ISS 200 LEVEL		4		
ISS 300 LEVEL	ISS 200 LEVEL	4		
Second Math class – MTH 114, 124, or STT 200 or 201	MTH 103	3		
CEM 161	CEM 141/CONCURRENT	1		
Kinesiology Frontiers Course – Pass/Fail	Prerequisite	Credits	Semester	Grade
KIN 190 – Frontiers in Applied Health Sciences		1		
Kinesiology Foundational Courses: REQUIRES 2.0 in each course	Prerequisite	Credits	Semester	Grade
KIN 210 - Principles of Exercise Physiology		3		
KIN 216 OR ANTR 350 - Principles of Human Anatomy	BS 161 (ANTR 350 ONLY)	3		
KIN 220 - Principles of Sports Medicine		3		
KIN 240 - Principles of Biobehavioral health		3		
KIN 251 - Principles of Human Movement (lab)		4		
CEM 141 - General Chemistry I (ISP)	MTH103/CONCURRENT	4		
MTH 103 or MTH 103A & MTH 103B - College Algebra		3		
PSL 250 or PSL 310 - Intro Physiology (ISB)	BS 161 (PSL 310 ONLY)	4		
Junior/Senior Year Requirements				
Kinesiology Core Course: OVERALL 2.0 in all 4 courses	Prerequisite	Credits	Semester	Grade
KIN 310 - Physiological Bases of Physical Activity	KIN 210	3		
KIN 330 - Biomechanics of Physical Activity	KIN 251	3		
KIN 345 - Exercise Psychology (Tier II Writing)	KIN 240 & WRA 101	3		
KIN 360 - Physical Growth/Motor Behavior	ANTR 350/KIN 216 & KIN 251	3		
Kinesiology Experiential Learning Requirement	Prerequisite	Credits	Semester	Grade
KIN 492/493/494/495/496	KIN 190 & KIN 240	3		
Kinesiology Cognate – 12 Credits Required (Choose 4-5 classes)	Prerequisite	Credits	Semester	Grade
KIN 174 or LB 270 - Human Medical Terminology	None	3		
KIN 217 – Principles of Human Anatomy Laboratory	KIN 216	1		
KIN 371 - Intro to Research Methods in Kinesiology	KIN 210 & KIN 240	3		
KIN 410 - Advanced Exercise Physiology	KIN 210 & KIN 310	3		
KIN 424 - Psychology of Injury	KIN 220	3		
KIN 440 - Advanced Sport Psychology	KIN 240 & KIN 345	3		
KIN 445 - Sport and Physical Activity in Society	KIN 240 & KIN 345	3		
KIN 465 - Adapted Physical Activity	KIN 240	3		
KIN 461 - Neural Control of Human Movement	KIN 251 & KIN 360	3		
KIN 491 - Special Topics in Kinesiology	KIN 210 & KIN 310	3		
HNF 457 - Sports and Cardiovascular Nutrition	HNF 150, PSL 250/310 & KIN 310	3		

**\*Additional elective course work REQUIRED (approximately 40 credits) to reach minimum of 120 credits for graduation\***

# 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 + MTH114
- B. MTH 103 + MTH 114 or MTH124
- 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 or PSL 310 (4 credits)
- ISP = Chemistry: CEM 141 (4 credits)
- ISB Lab = CEM 161 (1 credit)
- ISP Lab = KIN 251 (4credits)

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

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## HONORS COLLEGE STUDENTS

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

### University Integrative Studies Substitution Summary

- WRA 195H instead of WRA101
- Two courses in arts and humanities (replacesIAH)
- Two courses in social science (replaces ISS)
- Two courses in natural science (PSL 250 + CEM141)
- Diversity Designation not required.



# Kinesiology Foundational 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 Principles of 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 KIN216

^^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



# Kinesiology 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 + KIN 240 and 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*



# Kinesiology Cognate Requirement

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

Approximately 4-5 courses

- **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 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 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 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 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.*
- **KIN 491 Special Topics in Kinesiology (3 credits)** [prerequisite: KIN 210 + KIN 310]  
*Current issues in Kinesiology*



## KIN Cognate Requirement (cont.)

- **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.*

## Kinesiology Department Minor

The Health Promotion Minor is designed to assist students in gaining a deeper understanding of health issues and their impact on overall quality of life. The multidisciplinary course options will provide a basis for personal and professional growth, emphasize positive lifestyle choices and explore global health/wellness concerns.

Enrollment in the Health Promotion Minor is available to all students who are enrolled in bachelor degree programs at Michigan State University. Required coursework does not have to be completed prior to adding the minor to the academic record; students may enroll in classes at any time.

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



# 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)
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)
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)

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

P = Prerequisite (must be taken before class)

[Course Descriptions](#)



# Popular KIN Electives

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) <i>P: WRA 101</i>
KIN 101-119	Kin-activities: Sport/Exercise Courses (1)
MI 101	Understanding Media and Information(3)
OST 220	Introduction to Healthcare Delivery in the U.S. (3)
OST 450	Introduction to Global Health (3)
OST 452	Introduction to One Health (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) <i>P: PSY 101</i>
PSY 209	Brain and Behavior (3) <i>P: PSY101</i>
PSY 235	Social Psychology (3) <i>P: PSY101</i>
PSY 236	Personality (3) <i>P: PSY 101</i>
PSY 238	Development Psychology: Lifespan (3) <i>P: PSY101</i>
PSY 244	Development Psychology: Infancy to Childhood (3) <i>P: PSY101</i>
PSY 280	Psychological Disorders (3) <i>P: PSY101</i>
REL 101	Exploring Religion (3)
REL 150	Exploring Biblical Literature (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) <i>P: WRA101</i>
SOIL 203	World of Soils (2)
SW 200	Intro to Social Work (3)
TE 101	Social Foundations of Justice and Equity in Education (3)
TE 150	Reflections on Learning (3)
THR 100	Intro to Theatre (3)
TURF 202	World of Turf (2)
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)



# Kinesiology Foundational Requirements

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

KIN 210 - Principles of Exercise Physiology	3
KIN 216 OR ANTR 350 - Principles of Human Anatomy	3
KIN 220 - Principles of Sports Medicine	3
KIN 240 - Principles of Biobehavioral health	3
KIN 251 - Principles of Human Movement	4
CEM 141 - General Chemistry I	4
MTH 103 or MTH 103A & MTH 103B - College Algebra	3
PSL 250 or PSL 310 - Introductory Physiology	4

## Degree Summary of Credits

Kinesiology Majors	
University GEN ED Requirements	≈33
Kinesiology Courses	35
Cognate Requirement	12
Elective Courses	≈40
<b>CREDITS REQUIRED FOR GRADUATION</b>	<b>120</b>

- 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 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 I (4) and Lab1 (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: Principles of 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 345: Exercise Psychology	(3)
KIN 360: Physical Growth/Motor Behavior	(3)
Electives or Courses Left from Previous Year *	(3)
	(9-12)

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

KIN 330: Biomechanics of Physical Activity	(3)
KIN 310: Physiological Bases of Physical Activity	(3)
Experiential Learning	(3)
Cognate courses: See KIN Program Grid for Full	(12)
List Electives or Courses Left from Previous Year *	(1-12)

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!

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## 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 KIN 240)

- Students 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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# CAREER PATHWAYS

For more career info: [ONETonline.org](https://www.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/Coach



### BUSINESS

- Insurance Underwriter
- Medical/Pharmaceutical Sales Rep.
- Occupational Health & Safety  
Specialist
- Sports Event Coordinator



### PATIENT CARE

\*With post-graduate certificate in accredited program

- Physical Therapy Assistant\*
- Respiratory Therapist\*
- Diagnostic Medical Sonographer\*
- Occupational Therapy Assistant\*
- Ultrasound Technician\*
- Behavior Technician

## With an Advanced Degree



### MASTER'S

- Applied Behavior Analysis
- Healthcare Administration
- Health Risk Communication
- Kinesiology (Research)
- Public Health
- Rehab. Counseling
- Sport Management
- Sport Science



### HEALTH PROFESSIONAL

Highly competitive, science curriculum

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

ALUMNI STORIES AT [EDUCATION.MSU.EDU/KIN/UNDERGRADUATE/JOBS](https://www.education.msu.edu/kin/undergraduate/jobs)

For career advising, make an appointment at [msu.joinhandshake.com](https://www.msu.joinhandshake.com)





# COLLEGE OF EDUCATION CAREER SERVICES

Get started on



## Use Handshake to:

- Find Jobs & Internships
- Attend Workshops & Events
- Learn about Career Fairs
- Connect with Employers
- Schedule a Career Advising Appointment

**1** **Log in to Handshake.** Go to [MSU.joinhandshake.com](https://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 profile and career interests to best communicate your skills and 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 local opportunities you're interested in. Save your searches for later!

**5** **Follow jobs and employers you're interested in.** You'll automatically receive updates for new opportunities!

## We're Here to Help!

Meet with your college Career Advisor to explore opportunities and start making decisions on your major and future career.

### College of Education Career Advisor

Kathy Dietzel

134 Erickson Hall

[kdietzel@msu.edu](mailto:kdietzel@msu.edu)

(517) 353-9682

For more resources & information visit:

[CareerNetwork.msu.edu](https://CareerNetwork.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.

- **[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.



# 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.
- **[Minorities 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-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.



# Student Resources



## COLLEGE OF EDUCATION

- College Website <http://education.msu.edu>
- Printing/Copy Services [Erickson Print and Copy Center](#)
- Kinesiology Undergraduate Website  
<http://www.education.msu.edu/kin/undergraduate/kinesiology/>

## ACADEMIC SUPPORT AND ENGAGEMENT

- Academic Programs Catalog <https://reg.msu.edu/AcademicPrograms/>  
Listing of University policies and academic programs and their requirements:
- University Advising <https://advising.msu.edu/exploratory-pref-major>  
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

## 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 – 3<sup>rd</sup> 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



# Academic Planning Tools

## How to Make an Individual Advising Appointment:

The scheduling system shows appointment availability ONLY two weeks in advance. **The best time to check for new openings is between 12:00 am and 9:00 am on weekdays.** For example, if you check at 12:00 am on Monday you will see new openings two weeks from Monday.

- To make an appointment, go to <https://student.msu.edu>
- Log in with your MSU NetID and password, and two-factor authentication
- 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** (i.e. Kinesiology)
- Additional Information: include further details to help the advisor prepare for your appointment (required) [i.e. dropping a class, summer classes, Fall registration, etc.]
- Appointment Type: Zoom or In-Person or Any Appointment
- Click on Select Advisor
- Click the Time Selected drop-down menu to view available times (**click on “next days” up to two times to see two weeks of availability**) [caution: does take some time to load]
- Click on Select Time to confirm the appointment
- Click “Book It!”

## First semester freshman:

First semester freshman should look for an email in late Sep/early Oct about group advising sessions for second semester classes. Academic Advising drop-ins take place during the first week of classes and in the few weeks prior to registration. Students will see fewer individual advising appointments and more drop-in hours during this time.

## Drop-In Advising:

Drop-In Advising times are posted on our [website](#). Peer Advisors and Academic Advisors are available to meet with kinesiology students for quick questions about classes, study strategies, scheduling planning, enrollment assistance, campus resources during scheduled drop-in advising. Peer advising is designed for freshman and sophomores. Juniors and seniors should utilize academic advising drop-ins.

## Email for Advising:

Students can email advisors for quick questions. Advisors will not discuss class recommendations or long-term planning via email. In addition, students should not email advisors to set up appointments – please look for availability using the directions above or come to drop-ins when they are available.



# KIN Quick Tips

## Dropping Classes:

**Do NOT drop a class without consulting an advisor.** Dropping a class could affect academic progress, financial aid, and prerequisite coursework. These dates can be found in SIS under “class search” and finding the specific class and section of the class.

- There are two major drop dates per semester – resulting in two different outcomes
  - **Drop with refund** - You may drop the class and receive a refund depending on how you paid
  - **Drop with no grade reported** – You may drop the class, but you will NOT receive a refund.

## Adding or Switching Sections of a Class:

Students get roughly 3-5 days to add a class (or switch sections) after a course starts. This is dependent on the start date and length of the class. You cannot add a class after the open add period has ended. If you drop one of your courses after the open add period, you cannot add it back to your schedule. You will need to find a new course that has not yet started.

## Class Registration for the upcoming semester:

Advisors do not have control over the day and time you are selected to register. Students will get an email from the Registrar’s Office with their specific day/time of registration. Registration for Spring and Summer classes takes place in late Oct/early Nov. Registration for Fall classes takes place mid to late March. Classes fill up quickly. Make note of the day and time you register for classes, so you are prepared to register on your specified date and time.

## Reserve Capacity:

Many classes will show open (green circle) but if the section displays reserved capacity (blue circle) the course is full for current students. You will need to either hop on the waitlist or select a different section or course that is open. Advisors will not be issuing overrides for sections that are at reserved capacity.

## Academic Progress/Degree Completion:

Academic Advisors are here to assist students with academic planning. It is the **STUDENT’s** responsibility to ensure they are maintaining progress and completing all degree requirements. In addition to meeting regularly with academic advisors every semester, students should:

1. Maintain their own checklist of requirements by using an electronic or paper version of the kinesiology major course record found in this guide.
2. Checking academic progress in SIS (<https://student.msu.edu/>) by clicking on the Academic Progress tile, then the second academic progress tab. The colors on your degree will show the following:
  - a. Green = complete, blue = in-progress, and red = unmet.





# KIN-NECTIONS

NEWS AND INFORMATION FOR **KINESIOLOGY MAJORS**

STAY  
INFORMED



UPDATES FROM YOUR KINESIOLOGY ADVISORS  
SENT TO YOUR MSU EMAIL

1

ACADEMIC REMINDERS

COLLEGE ANNOUNCEMENTS

2

3

EVENTS & OPPORTUNITIES

CAREER INFORMATION

4

5

AND MORE!

**– Notes –**

PLUG INTO OUR  
COMMUNITY @  
**msucollegeofed**



**#MSUed**

**#MSUkin**

**EDUCATION.MSU.EDU/CONNECT**

KINESIOLOGY ADVISORS

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