

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.

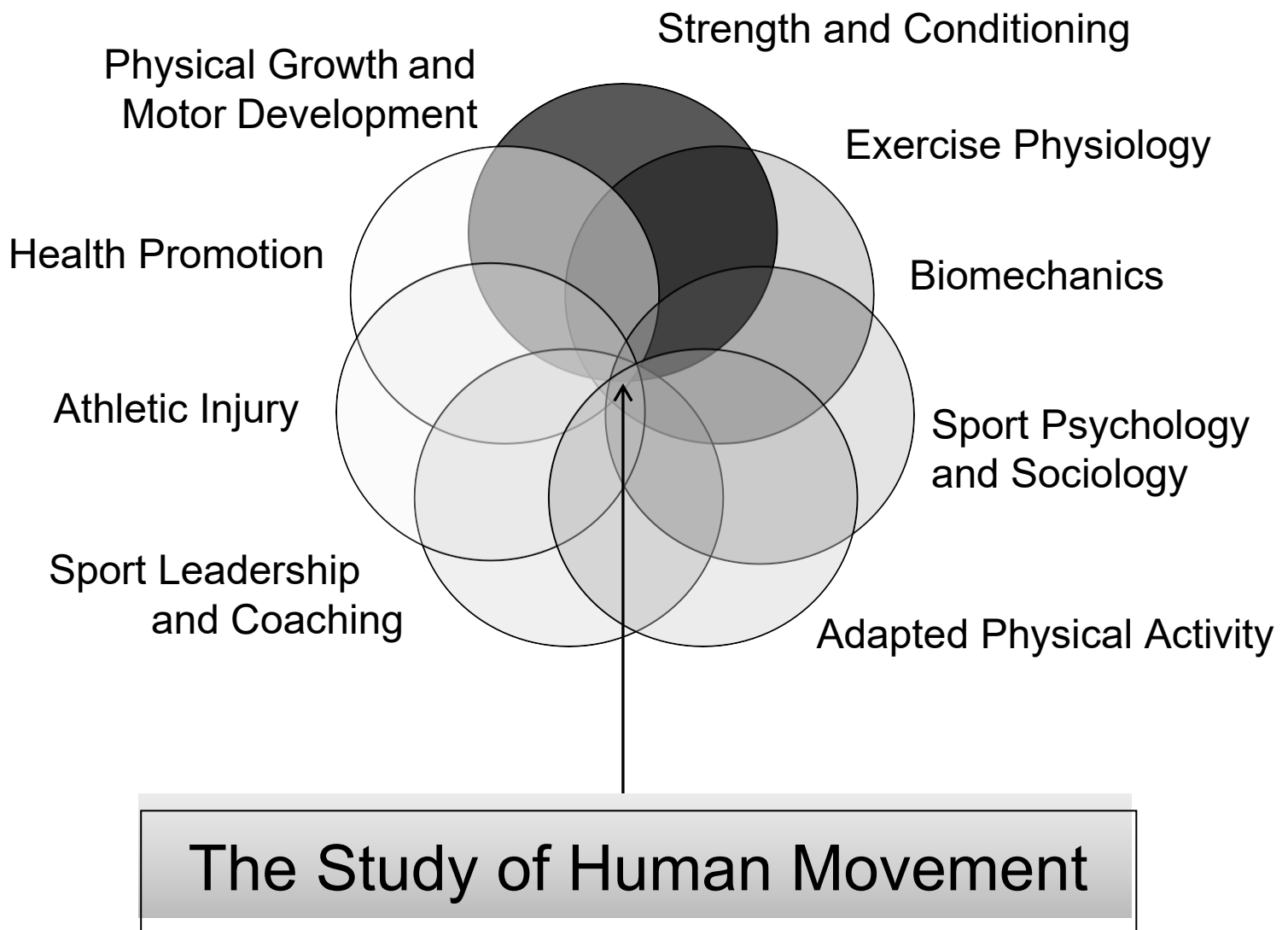
Our challenge is to provide you with information, support and guidance toward degree completion and a rewarding career in this field. Your challenge is to take full advantage of all the College and University have to offer – from advising to career exploration; from research to internships; from student 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 <u>and</u> 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 (<i>satisfied by PSL 250 below</i>)				
ISS 200-level	I / N / D	4			ISP (<i>satisfied by CEM 141 below</i>)				
ISS 300-level	I / N / D	4			ISB/ISP Lab - CEM 161 Chem Lab I	1			

FOUNDATIONAL CORE REQUIREMENTS – minimum 2.0 grade <i>in each course</i>					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 (<i>satisfies one credit of University Lab Requirement</i>)				4		
PSL 250	Introductory Physiology				4		

KIN CORE COURSES – minimum 2.0 grade point average <i>overall for all courses</i>					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 402 Coaching: Cond/Fitness 2	KIN 445 Sport and PA in Society 3
KIN 174 Human Med Terminology 3 or LB 270 Medical Terminology 2	KIN 410 Advanced Exercise Phys 3	KIN 456 Ethical Issues in Athletics 2
KIN 217 Applied Anatomy Lab 1	KIN 424 Psychology of Injury 3	KIN 465 Adapted Physical Activity 3
KIN 371 Intro: Research Methods 3	KIN 440 Sport Psychology 3	KIN 457 Sport/Cardio Nutrition 3 or HNF 457 Sport/Cardio Nutrition 3
KIN 400 Principles of Coaching I 4	KIN 443 Psycho-physio of Kin 3	KIN 461 Neural Control of Human Movement 3
KIN 401 Principles of Coaching II 4		

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

Juniors and Seniors Only

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

Juniors and Seniors Continued

HNF 406	Global Foods & Culture (3, US & SS) C: HNF 150, ISS 2xx	KIN 443	Psychophysiological Aspects of KIN (3, FS)
HNF 457	Sports & Cardiovascular Nutrition (3,SS) <i>P: HNF 150, PSL 250 and KIN 310</i>	KIN 454	Facility Planning and Construction (3, SS)
HST 425	American & European Health Care since 1800 (3, US) <i>P: WRA 101, Sophomore Standing</i>	NUR 423	Transitional Needs in Adults with Intellectual/Developmental Disabilities (3)
ISS 328	Social Science of Sport (4, FS & US) <i>P: ISS 2xx, Sophomore Standing</i>	OST 401	Selected Topics in Osteopathic Medicine (1)
KIN 300-X	Coaching classes (2) <i>P: Sophomore Standing</i> <i>Check schedule for semester options</i>	PHL 344	Ethical Issues in Health Care (4)
KIN 402	Coaching for Strength & Conditioning & Fitness (2, SS)	PHL 453	Ethics in Global Health Care (3, SS)
KIN 424	Psychology of Injury (3, FS & US)	PHM 321	Common Drugs (3, FS & SS) <i>P: PSL250</i>
		PSY 317	Sexual Assault (3, US) <i>P: PSY101</i>
		PSY 320	Health Psychology (3) <i>P: PSY101</i>
		PSY 333	The Neurobiology of Food Intake and Overeating (3, FS) <i>P: PSY101, Rec: PSY 209</i>
		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)	ISS 215	Social Differentiation and Inequality (4)
ADV 205	Principles of Advertising (3)	ISS 328	Social Science of Sport (4, FS & US) <i>P: ISS 2xx, Sophomore Standing</i>
ADV 225	Writing for Public Relations (3) <i>Dept Approval</i>	JRN 108	Introduction to Mass Media (3)
ADV 260	Principles of Public Relations (3)	JRN 200	Writing and Reporting News I (3) <i>P: WRA 101 and Dept Approval</i>
ADV 420	New Media Driver's License (3) <i>P: Sophomore Standing</i>	JRN 218	Sports in Contemporary Media (3, FS & SS) <i>P: WRA 101</i>
BUS 291	Introduction to Business (3, FS)	JRN 417	Sports Reporting II (3) <i>P: JRN 200 and JRN 218</i>
CAS 114	Creativity & Entrepreneurship (3)	KIN 401	Principles of Coaching II (4, SS) <i>P: Junior Standing</i>
COM 100	Human Communication (3)	KIN 454	Facility Planning and Construction (3, SS)
COM 225	Interpersonal Communication (3)	KIN 456	Ethical Issues in Athletics (2, US) <i>P: Junior Standing</i>
COM 240	Intro to Organizational Communication (4)	KIN 490	Independent Study (1-4) <i>see KIN advisor</i>
COM 275	Effects of Mass Communication (3)	KIN 494	Fieldwork (1-4) <i>see KIN advisor</i>
COM 300	Methods of Communication Inquiry (3) <i>P: Completion of Univ Math Requirement</i>	MGT 325	Management Skills & Processes (3) <i>P: Junior Standing</i>
COM 310	Intercultural Communication (3, SS & US)	MGT 479	Sports Business Management (3) <i>Dept Approval</i>
COM 325	Interpersonal Influence & Conflict (3) <i>C: COM 300 or MKT 313</i>	MI 101	Understanding Media & Information (3)
EAD 315	Student Leadership (3)	MI 201	Media & Information Technologies & Industries (3) <i>P: MI 101</i>
EC 201	Introduction to Microeconomics (3)	MI 301	Bringing Media to Market (3, SS & SS) <i>C: MI 201 or P: CAS 114 or ESHP 190</i>
EC 202	Introduction to Macroeconomics (3) EC	MKT 327	Intro to Marketing (3) <i>P: Junior Standing</i>
370	Economics of Sport (3, US) <i>P: EC 201 ESHP</i>	PHL 345	Business Ethics (4, FS) <i>P: Junior Standing</i>
190	The Art of Starting (3, FS & SS)	PSY 255	Industrial & Organizational Psychology (3, SS) <i>P: PSY 101</i>
GEO 215	Sports Geography (3, FS odd years)		
HB 420	The Business of Golf (3) <i>P: Junior Standing</i>		
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) <i>P: HRLR 211</i>		

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

CAREER PATHWAYS

For more career info: [ONETonline.org](https://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	Orthotics & Prosthetics
Chiropractic Medicine	Physical Therapy
Medical School	Physician Asst.
Nursing (BS)	Speech/Language Pathology
Occupational Therapy	



MASTER'S

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

ALUMNI STORIES AT [EDUCATION.MSU.EDU/KIN/CAREERS](https://education.msu.edu/kin/careers)

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



handshake

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](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 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.olm.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/>

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 [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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can be almost any length.

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