



**COGNATE/MINOR REQUIREMENTS:** ALL KINESIOLOGY MAJORS MUST SUCCESSFULLY COMPLETE AN APPROVED 12-CREDIT COGNATE OR A KINESIOLOGY-RELATED MINOR.

## KINESIOLOGY DEPARTMENT COGNATES

### ATHLETIC INJURY AND THERAPY

- KIN 126 – 3 Intro to Athletic Training Injury
- KIN 127 – 1 Taping and Bracing
- KIN 217 – 1 Applied Human Anatomy Lab
- KIN 320 – 3 Pathology of Sports Injury
- KIN 411 – 2 Exercise Physiology Lab
- KIN 424 – 3 Psychology of Injury

### COGNITIVE AND MOTOR NEUROSCIENCE

- KIN 217 – 1 Applied Human Anatomy Lab
- KIN 365 – 3 Sensorimotor Control
- KIN 371 – 3 Intro to Research Methods
- KIN 443 – 3 Psychophysiological Aspects of KIN
- KIN 465 – 3 Adapted Physical Activity

### EXERCISE PHYSIOLOGY

- KIN 125 – 3 First Aid/Personal Safety
- KIN 217 – 1 Applied Human Anatomy Lab
- KIN 371 – 3 Intro to Research Methods
- KIN 411 – 2 Exercise Physiology Lab
- KIN 465 – 3 Adapted Physical Activity

### PSYCHO-SOCIAL ASPECTS OF PHYSICAL ACTIVITY

- KIN 345 – 3 Sport and Exercise Psychology\*
- KIN 445 – 3 Sport and Physical Activity in Society\*
- KIN 371 – 3 Intro to Research Methods
- KIN 443 – 3 Psychophysiological Aspects of KIN
- KIN 465 – 3 Adapted Physical Activity

\* One class will count toward the cognate requirement; one class will count toward the Kinesiology Core requirement.

### ATHLETIC ADMINISTRATION \*\*

- KIN 401 – 4 Principles of Coaching II
- KIN 453 – 3 Admin of Intramural Sports Programs
- KIN 454 – 3 Facility Planning & Construction
- KIN 456 – 2 Ethical Issues in Athletics

\*\* Courses from the Minor in Sport Business Management are approved substitutions for this cognate

## KINESIOLOGY DEPARTMENT MINORS

### HEALTH PROMOTION (18 credits)

- KIN 121 – 3 The Healthy Lifestyle
- PSY 320 – 3 Health Psychology (P: PSY101)
- HNF 150 – 3 Intro to Human Nutrition

and

Elective credits from approved list – 9

See College website:

<http://www.education.msu.edu/academics/undergraduate/kinesiology/health-promotion.asp>

### COACHING (22-25 credits)

- KIN 173 – 3 Foundations in Kinesiology,
- 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
- KIN 125 – 3 First Aid & Personal Safety **OR**  
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>

*In addition to completion of the Cognate/Minor Requirement, students may choose to create a Pre-Professional Preparation Plan when selecting elective course work required for graduate school admission. The MSU PreProfessional Advising Resources website (<https://natsci.msu.edu/students/preprofessional/>) provides details on health career options, graduate school selection, grad program admission requirements and prerequisites, the application process, admission test preparation, suggested elective courses, related student organizations, co-curricular volunteer and service activities, and much more! Students thinking about graduate school will want to schedule an appointment with an MSU Pre-Professional Advisor (College of Natural Science).*