

COGNATE REQUIREMENT: Minimum of 12 Unique Credits

KINESIOLOGY MAJORS MUST SUCCESSFULLY COMPLETE AN APPROVED COGNATE OR SUBSTITUTE A KIN-RELATED MINOR

KINESIOLOGY DEPARTMENT COGNATES

ATHLETIC INJURY AND THERAPY

- KIN 126 – 3** Intro to Athletic 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.

SPORT MANAGEMENT

- 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

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).