Welcome to AOP!

Dear Spartans,

Welcome to Michigan State University’s Academic Orientation Program (AOP), 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 AOP!

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

Contents

Major/Degree Requirements ........................................................ 2-6
Elective Course Options ............................................................... 8-9
Four-Year Planning ..................................................................... 10-11
Career Exploration/Preparation .................................................. 12-15
Academic Success/Advising Appointments ................................. 16-17
MSU Resources, Clubs and Organizations ................................. 18-19
Research Opportunities for KIN Students ................................. 20
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

**MSU University Requirements** – Apply to all MSU majors

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRA 101 – Writing, Rhetoric, and American Cultures</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IAH 201-210 – I / N / D</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IAH 211 and higher – I / N / D</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ISS 200-level – I / N / D</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ISS 300-level – I / N / D</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Admission Core Requirements** – minimum 2.0 grade in each course before Junior status, 56 cr

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEM 141 – General Chemistry</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>KIN 216 – Applied Human Anatomy</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 251 – Principles of Movement (meets University Lab Requirement)</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>MTH 103 – College Algebra</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PSL 250 – Intro Physiology</td>
<td></td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>

**Kin Core Courses** – minimum 2.0 grade point average overall for all courses

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 121 – The Healthy Lifestyle</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 173 – Foundations of Kinesiology</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 250 – Measurement in Kinesiology</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 310 – Physiological Bases of Physical Activity (P: KIN173, KIN216, CEM141, PSL250)</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 330 – Biomechanics of Physical Activity (P: KIN173, KIN216, KIN251)</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 360 – Physical Growth/Motor Behavior (P: KIN216, KIN251)</td>
<td></td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**Kin Tier II Writing and Internship Course Requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 345 – Sport and Exercise Psychology (W) OR KIN 445 Sport and Physical Activity in Society (W) (P: KIN173)</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 492 – Senior Internship Non-Physio (P: KIN310) or KIN 493 Senior Internship Physio</td>
<td></td>
<td>3-6</td>
<td></td>
</tr>
</tbody>
</table>

**Cognate or Kin-Related Minor** – Minimum of 12 credits total (See back page)

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
<th>Grade</th>
</tr>
</thead>
</table>

**Elective/CoNate Course Work to Total Minimum Of:**

- 120 credits
- 123 credits (w/ MTH1825)
**Cognate/Minor Requirement:** 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

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

#### Psychosocial Aspects of Physical Activity
- **KIN 345 – 3** Sport and Exercise Psychology*
- **KIN 445 – 3** Sociocultural Analysis of Physical Activity*
- **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.

#### Cognitive and Motor Neuroscience
- **KIN 217 – 1** Anatomy Cadaver 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

#### 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

**The Minor in Sport Business Management is an approved substitution 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](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:

_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._ Talk to your advisor about graduate school planning! The MSU PreProfessional Advising Resources website ([https://natsci.msu.edu/students/preprofessional/](https://natsci.msu.edu/students/preprofessional/)) provides helpful 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).
Math/Science Core Admission Requirement for KIN

All KIN students must complete the following courses with a 2.0 or better by the time they reach junior standing (56 credit hours):

- CEM 141 (4) General Chemistry I
- KIN 216 (3) Applied Human Anatomy
- MTH 103 (3) College Algebra
- KIN 251 (4) Principles of Movement
- PSL 250 (4) Introductory Physiology

Degree Summary and Credits

<table>
<thead>
<tr>
<th>Kinesiology Majors</th>
</tr>
</thead>
<tbody>
<tr>
<td>University GEN ED Requirements</td>
</tr>
<tr>
<td>Kinesiology Courses</td>
</tr>
<tr>
<td>Cognate Requirement</td>
</tr>
<tr>
<td>Elective Courses</td>
</tr>
<tr>
<td><strong>CREDITS REQUIRED FOR GRADUATION</strong></td>
</tr>
</tbody>
</table>

- All students must have a 2.0 overall GPA to move to junior standing (56 credits)
- Grades in the following courses must equate to an average GPA of 2.0: KIN 121, KIN 173, KIN 250, KIN 310, KIN 330 and KIN 360.
- A minimum of 120 credits is required for a bachelor’s degree at MSU.
University Requirements

Writing, Rhetoric & American Culture (WRA)
WRA is the prefix for Writing, Rhetoric & American Culture courses. Students must successfully pass WRA to fulfill the first part (Tier I) of MSU’s English/Writing requirement:

WRA 101 (4 credits)

All students must complete a Tier II writing course as juniors or seniors. Kinesiology Majors will take KIN 345 or KIN 445 to satisfy the second writing requirement.

Integrative Studies in Arts and Humanities (IAH)
IAH is the prefix for Integrative Studies courses in the Arts and Humanities. Students are required to pass two courses in the arts and humanities, for a total of 8 credits. Note: WRA 101 must be satisfied prior to taking IAH courses.

IAH 201-210 (4 credits)
IAH 211 and higher (4 credits)

Integrative Studies in Social Science (ISS)
ISS is the prefix for Integrative Studies courses in Social Science. Students are required to pass two courses in the social sciences, for a total of 8 credits.

ISS 200-level (4 credits)
ISS 300-level (4 credits)

University Diversity Requirement
MSU undergraduates must complete courses in at least two of three diversity categories (“D”, “N” & “I”) as part of their IAH and/or ISS requirements. “N” – emphasizes national diversity; “I” – emphasizes international and multicultural diversity and “D” – emphasizes both national and international or multicultural diversity.

Mathematics Requirement
MSU students must complete one of the following options to satisfy the University math requirement:

MTH 103 (or MTH 103A + 103B) + MTH 114
MTH 103 (or MTH 103A + 103B) + MTH 124
MTH 103 (or MTH 103A + 103B) + STT 2XX
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.

Science Requirements
Students seeking a Bachelor of Science degree can take alternate science courses to meet University requirements for biological and physical sciences (ISB & ISP). Kinesiology majors will complete the following courses, including two lab credits:

ISB = Physiology: PSL 250 (4 credits)
ISP = Chemistry: CEM 141 (4 credits)

The University ISB/ISP lab requirement can be met with CEM 161 and KIN 251; both are required for Kinesiology majors.

HONORS COLLEGE STUDENTS
MSU Honors College students may 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

Kinesiology majors in the Honors College typically use CEM 141 (ISP) and PSL 250 (ISB) as substitutes for MSU Science Requirements. See the Honors College website for additional information.
Kinesiology Internship Opportunities

All Kinesiology majors are encouraged to look for internship and job-shadowing opportunities as part of the career exploration and research process. It is never too early to start! Check out the Career Exploration section of the KIN website under Student Resources for helpful tips and information.

The Senior "KINternship" is required for all Kinesiology majors and is completed once a student has reached senior standing (88 credits). What you need to know:

- Students enroll for KIN 492 or 493, depending on the type of experience.
- Students may enroll for 3-6 credits.
- For each credit earned, students must log 45 hours of time (3 credits = 135 hours or about 10 hours/week).
- Students will access and must complete the Pre-Internship Orientation Module on D2L.
- Students are responsible for finding the internship site, resources are available.
- Talk to your advisor if you are considering an out-of-state placement.
- All sites must be approved by the Internship Coordinator.
- Additional information, including links and answers to frequently-asked questions, is available on the Degree Requirements section of the KIN website.

Degree Navigator

Degree Navigator is a flexible, undergraduate advising and degree-audit tool. It helps you and your advisor manage your degree progress. Find the link on your Stu-Info page or go to degnav.msu.edu. Enter your PID and click on your degree. You can then review program requirements and check your status toward completion of your degree. Work with your advisor to be sure you are up-to-date from start to graduation!
Orientation Enrollment Worksheet

To help us help you, we would like to get you know you better! Please take a few moments to complete the following worksheet during lunch. This afternoon, you and your advisor will work together to create a course plan for your fall and spring semesters.

Hometown:

Favorite high school classes:

1)                                                                2)                                                                    3)

Most Challenging High School Class:

AP/Dual Enrollment/Transfer Credits Expected:

Check any of the following that apply:

☐ Honors College   ☐ Academic Scholars   ☐ ROTC   ☐ Student-Athlete: Sport _______________

Why did you pick this major?

Please circle electives of interest from the Suggested Electives Pages

- Remember – you have room for 42 credits (12-15 classes) of electives in your KIN degree!

You and your peer advisor will complete the grid below prior to your advising time slot.

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Questions for your KIN Advisor:
### Suggested Elective Courses for Kinesiology Majors

#### All Students

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADV 205</td>
<td>Principles of Advertising</td>
<td>3</td>
</tr>
<tr>
<td>ADV 260</td>
<td>Principles of Public Relations</td>
<td>3</td>
</tr>
<tr>
<td>ANP 200</td>
<td>Navigating Another Culture</td>
<td>2</td>
</tr>
<tr>
<td>ANP 270</td>
<td>Women &amp; Health Perspectives (3, fall and summer)</td>
<td></td>
</tr>
<tr>
<td>BUS 190</td>
<td>The Art of Starting</td>
<td>3</td>
</tr>
<tr>
<td>CAS 114</td>
<td>Creativity &amp; Entrepreneurship</td>
<td>3</td>
</tr>
<tr>
<td>CEP 240</td>
<td>Diverse Learners in a Multicultural Perspect</td>
<td>3</td>
</tr>
<tr>
<td>CEP 260</td>
<td>Dynamics of Personal Adjustment</td>
<td>3</td>
</tr>
<tr>
<td>CEP 261</td>
<td>Substance Abuse</td>
<td>3</td>
</tr>
<tr>
<td>COM 100</td>
<td>Human Communication</td>
<td>3</td>
</tr>
<tr>
<td>COM 225</td>
<td>Interpersonal Communication</td>
<td>3</td>
</tr>
<tr>
<td>COM 240</td>
<td>Introduction to Organizational Comm (4)</td>
<td></td>
</tr>
<tr>
<td>COM 275</td>
<td>Effects of Mass Communication</td>
<td>3</td>
</tr>
<tr>
<td>CSD 203</td>
<td>Intro to Communicative Sciences</td>
<td>3</td>
</tr>
<tr>
<td>CSS 120</td>
<td>Issues in Food &amp; Agriculture</td>
<td>3</td>
</tr>
<tr>
<td>CSS 202</td>
<td>World of Turf</td>
<td>2</td>
</tr>
<tr>
<td>CSS 222</td>
<td>New Horizons in Biotechnology</td>
<td>2</td>
</tr>
<tr>
<td>CSUS 273</td>
<td>Introduction to Travel &amp; Tourism</td>
<td>3</td>
</tr>
<tr>
<td>EAD 315</td>
<td>Student Leadership</td>
<td>3</td>
</tr>
<tr>
<td>EPI 200</td>
<td>Multi-disciplinary Approach to Global Public</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Health &amp; Epidemiology Dept approval</td>
<td></td>
</tr>
<tr>
<td>FL</td>
<td>Foreign Language</td>
<td></td>
</tr>
<tr>
<td>GEO 214</td>
<td>Geography of Drugs</td>
<td>3</td>
</tr>
<tr>
<td>GEO 215</td>
<td>Sports Geography</td>
<td>3</td>
</tr>
<tr>
<td>GEO 235</td>
<td>Geography Environment &amp; Health</td>
<td>3</td>
</tr>
<tr>
<td>HB 100</td>
<td>Intro to Hospitality Business</td>
<td>2</td>
</tr>
<tr>
<td>HB 105</td>
<td>Service Management Principles Rec. HB 100</td>
<td></td>
</tr>
<tr>
<td>HDFS 145</td>
<td>Individual Couples &amp; Families</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 211</td>
<td>Child Growth &amp; Development</td>
<td>3</td>
</tr>
<tr>
<td>HNF 101</td>
<td>Personal Nutrition and Health</td>
<td>3</td>
</tr>
<tr>
<td>HNF 102</td>
<td>Dietary Supplements</td>
<td>3</td>
</tr>
<tr>
<td>HNF 150</td>
<td>Introduction to Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HRLR 212</td>
<td>Career Management</td>
<td>3</td>
</tr>
<tr>
<td>HST 220</td>
<td>History of Food and Alcohol</td>
<td>3</td>
</tr>
<tr>
<td>JRN 108</td>
<td>The World of Media</td>
<td>3</td>
</tr>
<tr>
<td>JRN 218</td>
<td>Sports in Contemporary Media</td>
<td>3</td>
</tr>
<tr>
<td>KIN 125</td>
<td>First Aid &amp; Personal Safety</td>
<td>3</td>
</tr>
<tr>
<td>KIN 1XX</td>
<td>Kinesiology Activity classes</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Juniors and Seniors Only

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANP 204</td>
<td>Intro to Medical Anthropology</td>
<td>3</td>
</tr>
<tr>
<td>ANP 370</td>
<td>Culture, Health &amp; Illness</td>
<td>3</td>
</tr>
<tr>
<td>ANP 425</td>
<td>Issues in Medical Anthropology (3, fall) P: ANP 101 or ANP 201 or ANP 204</td>
<td></td>
</tr>
<tr>
<td>CEP 460</td>
<td>Communication Skill Training for the Helping</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Professional (3)</td>
<td></td>
</tr>
<tr>
<td>CEP 470</td>
<td>Disabilities in a Diverse Society</td>
<td>3</td>
</tr>
<tr>
<td>COM 300</td>
<td>Leadership and Group Communication</td>
<td>3</td>
</tr>
<tr>
<td>EC 370</td>
<td>Economics of Sport (3, summer) P: EC 201</td>
<td></td>
</tr>
<tr>
<td>EC 498</td>
<td>Economics of Health Care (3, fall odd years) P: EC 301</td>
<td></td>
</tr>
<tr>
<td>ENG 473A</td>
<td>Literature and Medicine (3, spring)</td>
<td></td>
</tr>
<tr>
<td>EPI 390</td>
<td>Disease in Society</td>
<td>4</td>
</tr>
<tr>
<td>EPI 495</td>
<td>Epidemiology and Behavioral Health in Society</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>(3, summer)</td>
<td></td>
</tr>
<tr>
<td>GEO 435</td>
<td>Geography of Health Disease</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 445</td>
<td>Human Sexuality</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 449</td>
<td>Special Needs Children &amp; their Families (3) P: HDFS211</td>
<td></td>
</tr>
<tr>
<td>HM 491</td>
<td>Special Topics in Bioethics &amp; Med Humanities (1-7, summer) Study Abroad, College Approval</td>
<td></td>
</tr>
<tr>
<td>HNF 310</td>
<td>Nutrition in Medicine for Pre-Health Professionals (3, spring and summer)</td>
<td></td>
</tr>
<tr>
<td>HNF 385</td>
<td>Public Health Nutrition (3, summer &amp; fall) P: HNF150 and STT200 or 201</td>
<td></td>
</tr>
<tr>
<td>HNF 457</td>
<td>Sports &amp; Cardiovascular Nutrition (3, spring) P: HNF 150 or 260, PSL 250 and KIN 310</td>
<td></td>
</tr>
<tr>
<td>HST 324</td>
<td>History of Sport in America (3, spring)</td>
<td></td>
</tr>
<tr>
<td>HST 329</td>
<td>College Sports History (3, fall and summer)</td>
<td></td>
</tr>
</tbody>
</table>

*Check schedule for semester options*
### Juniors and Seniors Continued

- **HST 425** American & European Health Care since 1800 (3, summer)
- **ISS 328** Social Science of Sport (4) *P: ISS 2xx*
- **KIN 300-X** Coaching classes (2)
  - *Check schedule for semester options*
- **KIN 402** Coaching for Strength, Conditioning & Fitness (2, spring)
- **KIN 424** Psychology of Injury (3, summer and fall)
- **KIN 443** Psychophysiological Aspects of KIN (3, fall)
- **KIN 454** Facility Planning and Construction (3, spring)
- **OST 401** Selected Topics in Osteopathic Medicine (1)
- **PHL 344** Ethical Issues in Health Care (4)
- **PHL 453** Ethical Issues in Global Public Health (3, spring)
- **PHM 321** Common Drugs (3, spring) *P: PSL250 or 310*
- **PSY 317** Sexual Assault (3, summer) *P: PSY101*
- **PSY 320** Health Psychology (3) *P: PSY101*
- **PSY 333** The Neurobiology of Food Intake and Overeating (3, spring) *P: PSY101, PSY209 rec.*
- **PSY 344** Dev Psychology: Adolescence through Youth (3, spring and summer) *P: PSY101*
- **SOC 316** Youth and Society (3)
- **SOC 322** Sociology of Work (3, fall)
- **SOC 475** Health and Society (3)

### Suggested Electives for Students Interested in Sports Administration/Sport Management

- **ACC 201** Principles of Financial Acct (3) *P: CSE 101*
- **ACC 202** Principles of Management Accounting (3)
- **ACC 230** Survey of Accounting Concepts (3)
- **ADV 205** Principles of Advertising (3)
- **ADV 225** Writing for Public Relations (3, requires restriction override)
- **ADV 260** Principles of Public Relations (3)
- **BUS 291** Introduction to Business (3)
- **CAS 114** Creativity & Entrepreneurship (3)
- **CSE 101** Computing Concepts and Competencies (3)
- **COM 100** Human Communication (3)
- **COM 225** Introduction to Interpersonal Comm (3)
- **COM 240** Introduction to Organizational Comm (4)
- **COM 275** Effects of Mass Communication (3)
- **COM 300** Methods of Communication Inquiry (4) *P: MTH 103 or higher*
- **COM 325** Interpersonal Influence & Conflict (3) *P: COM 300 or MKT 313*
- **COM 340** Leadership & Group Communication (3) *P: COM 300 or MKT 313*
- **COM 399** Special Topics in Communication (3, may require an override, see KIN advisor) *P: COM 300*
- **EAD 315** Student Leadership Training (3 – pass/fail)
- **EC 201** Introduction to Microeconomics (3)
- **EC 202** Introduction to Macroeconomics (3)
- **EC 370** Economics of Sport (3 – summer) *P: EC 201*
- **GEO 215** Sports Geography (3 – fall odd years)
- **HB 420** The Business of Golf (3, juniors & seniors)
- **HST 324** History of Sport in America (3 – spring and summer)
- **HST 329** College Sports in the United States (3 – fall and summer)
- **HRLR 201** Human Capital and Society (3)
- **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 – fall and summer) *P: ISS 2XX*
- **JRN 108** Introduction to Mass Media (3)
- **JRN 200** Writing and Reporting News I (3) *P: WRA 101 and approval of school*
- **JRN 218** Sports in Contemporary Media (3) *P: WRA 101*
- **JRN 417** Sports Reporting II (3) *P: JRN 200 and JRN 218*
- **KIN 345** Sports & Exercise Psychology (3)
- **KIN 401** Principles of Coaching II (4 – juniors & seniors)
- **KIN 490** Independent Study (1-4, see KIN advisor)
- **KIN 494** Fieldwork (1-4, see KIN advisor)
- **MGT 325** Management Skills & Processes (3 – juniors & seniors)
- **MGT 479** Sports Business Management (3, need to request override from Business College)
- **MI 101** Understanding Media in the Info Age (3)
- **MI 201** Intro to Media and Info Tech (3) *P: MI 101*
- **MI 301** Bringing Media to Market (3 – spring and summer) *P: MI 201 or CAS 114 or BUS 190*
- **MKT 327** Intro to Marketing (3 - juniors & seniors)
- **PHL 345** Business Ethics (4 – fall – juniors & seniors)
- **PSY 255** Industrial and Organizational Psych (3 – spring and summer) *P: PSY 101*

This is a guide of some potential electives for KIN students. Feel free to explore Schedule of Courses or ask a KIN advisor for additional suggestions that fit with your interests.
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)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRA 101</td>
<td></td>
<td>(4)</td>
</tr>
<tr>
<td>MTH XXX:</td>
<td>See University Requirements Page for Options</td>
<td>(3-6)</td>
</tr>
<tr>
<td>ISS 2XX:</td>
<td>See Schedule of Courses for Options</td>
<td>(4)</td>
</tr>
<tr>
<td>CEM 141 &amp; 161:</td>
<td>General Chemistry (4) and Lab 1 (1)</td>
<td>(5)</td>
</tr>
<tr>
<td>KIN 121:</td>
<td>The Healthy Lifestyle</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 173:</td>
<td>Foundations of Kinesiology</td>
<td>(3)</td>
</tr>
<tr>
<td>Electives*</td>
<td></td>
<td>(3-9)</td>
</tr>
</tbody>
</table>

**SOPHOMORE YEAR: Fall Semester through Summer Semester (56 credits by end of Summer Semester)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>IAH 201-210:</td>
<td>See Schedule of Courses for Options</td>
<td>(4)</td>
</tr>
<tr>
<td>ISS 3XX:</td>
<td>See Schedule of Courses for Options</td>
<td>(4)</td>
</tr>
<tr>
<td>PSL 250:</td>
<td>Introductory Physiology</td>
<td>(4)</td>
</tr>
<tr>
<td>KIN 216:</td>
<td>Applied Human Anatomy</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 251:</td>
<td>Principles of Human Movement</td>
<td>(4)</td>
</tr>
<tr>
<td>Electives or Courses Left from Previous Year *</td>
<td>(9-12)</td>
<td></td>
</tr>
</tbody>
</table>

**JUNIOR YEAR: Fall Semester through Summer Semester (88 credits by end of Summer Semester)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>IAH 211-241:</td>
<td>See Schedule of Courses for Options</td>
<td>(4)</td>
</tr>
<tr>
<td>KIN 250:</td>
<td>Measurement in Kinesiology</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 310:</td>
<td>Physiological Bases of Physical Activity</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 360:</td>
<td>Physical Growth/Motor Behavior</td>
<td>(3)</td>
</tr>
<tr>
<td>Cognate courses:</td>
<td>See KIN Program Grid for Full List</td>
<td>(3)</td>
</tr>
<tr>
<td>- Examples include:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- KIN 125: First Aid and Personal Safety</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>- KIN 371: Intro Research Methods KIN</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>- KIN 424: Psychology of Injury</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>Electives or Courses Left from Previous Year *</td>
<td>(9-12)</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 330:</td>
<td>Biomechanics of Physical Activity</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 345 or KIN 445: Tier II Writing Course</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>Cognate courses to reach 120 credits:</td>
<td>(1-3)</td>
<td></td>
</tr>
<tr>
<td>- Examples include:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- KIN 217: Applied Human Anatomy Lab</td>
<td>(1)</td>
<td></td>
</tr>
<tr>
<td>- KIN 365: Sensorimotor Control</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>- KIN 411: Lab Exp in Exercise Physiology</td>
<td>(2)</td>
<td></td>
</tr>
<tr>
<td>- KIN 465: Adaptive Physical Activity</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KIN 492 or KIN493: Senior Internship</td>
<td>(3-6)</td>
<td></td>
</tr>
<tr>
<td>Electives or Courses Left from Previous Year *</td>
<td>(12-15)</td>
<td></td>
</tr>
</tbody>
</table>

*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.*
# Kinesiology Course Planning Tool

**Pre-Reqs:**

- KIN 173
- KIN 216
- PSL 250 or KIN 251
- CEM 141

**Cognate:**

- KIN 310
- KIN 411
- KIN 493 internship
- KIN 492 internship
- KIN 330

<table>
<thead>
<tr>
<th>FALL</th>
<th>CR</th>
<th>SPRING</th>
<th>CR</th>
<th>SUMMER</th>
<th>CR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Credits:**

- FALL
- SPRING
- SUMMER

**Total Credits to Graduate:** 120

**Important:** This schedule is a student tool/guide, not a rigid plan! Students are responsible for knowing university, college, department and grad school requirements.
## Ideas for Exploring, Discovering and Connecting at MSU

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th>YEAR 2</th>
<th>YEAR 3</th>
<th>YEAR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Start exploring your options.</strong></td>
<td><strong>Chart your path.</strong></td>
<td><strong>Make the most of your opportunities.</strong></td>
<td><strong>Make lasting connections for your future.</strong></td>
</tr>
</tbody>
</table>

### ACADEMIC SUCCESS
- Get to know your academic advisor
- Meet with a peer advisor or success coach
- Review AOP Advising Guide
- Develop time management strategies
- Seek help from instructors, TAs, and Help Rooms

### CAREER EXPLORATION
- Get to know your career advisors
- Register on Handshake
- Explore career paths for your major online
- Attend a career exposure event such as Making KINnections

### COMMUNITY ENGAGEMENT
- Attend a One Book, One Community event
- Check out MSU's Outreach and Engagement website
- Explore community events

### GLOBAL/CULTURAL AWARENESS
- Attend the Education Abroad Fair
- Attend an MRULE discussion in your residence hall
- Get to know your Intercultural Adviser

### LEADERSHIP & INVOLVEMENT
- Discover student organizations at College Colloquium or SpartaTime and attend a meeting
- Explore undergraduate research at MSU
- Attend a floor event in your hall

### ACADEMIC SUCCESS
- Set goals with academic advisor
- Introduce yourself to a faculty member during office hours
- Discuss study strategies with academic peer advisors
- Investigate elective and minor options

### CAREER EXPLORATION
- Create/update resume and meet with a career peer advisor to discuss it
- Find an opportunity to job shadow
- Use Handshake to discover a career event or on-campus opportunity

### COMMUNITY ENGAGEMENT
- Volunteer through MSU Service-Learning
- See what's happening at The Rock
- Check out MSU's Outreach & Engagement website

### GLOBAL/CULTURAL AWARENESS
- Explore COE Education Abroad options
- Attend an OISS event or College of Education international breakfast
- Go to an CCAT event that celebrates a different culture

### LEADERSHIP & INVOLVEMENT
- Become active within student organizations
- Attend an undergraduate research workshop
- Become a tutor or mentor

### ACADEMIC SUCCESS
- Plan for degree completion with academic advisor
- Use Degree Navigator to track progress
- Form a study group with peers

### CAREER EXPLORATION
- Explore internship options
- Attend a career fair or networking event related to major or career interest
- Discuss post-graduation plans with career advisor
- Engage with an alum from your major

### COMMUNITY ENGAGEMENT
- Volunteer as a tutor with the Read to Succeed program
- Consider an alternative spring break
- Advocate for a cause you believe in

### GLOBAL/CULTURAL AWARENESS
- Study Abroad or Study Away
- Attend the Learning Abroad Conference
- Have lunch with a peer from another culture

### LEADERSHIP & INVOLVEMENT
- Take on student organization leadership
- Volunteer with a faculty members research
- Take on leadership roles within your work and/or academic space

### ACADEMIC SUCCESS
- Meet with advisor for grad check
- Plan for life after MSU
- Review progress toward TE internship or grad school admission
- Apply for graduation the semester before commencement

### CAREER EXPLORATION
- Seek job options or graduate schools that meet your career goals
- Network at career fairs and conferences
- Participate in mock interviews
- Finalize resume, cover letter, references
- Stay in touch through Destination Survey

### COMMUNITY ENGAGEMENT
- Focus on building community to support life after MSU
- Connect with MSU Alumni groups in your future geographic region

### GLOBAL/CULTURAL AWARENESS
- Reflect on your global and cultural experiences & learn to articulate them
- Volunteer with OISS
- Present at Learning Abroad Conference

### LEADERSHIP & INVOLVEMENT
- Serve on a student panel for the college
- Attend a professional organization conference
- Present research at UURAF
Career Opportunities in Kinesiology

Kinesiology is the study of physical activity and its impact on health, society, and quality of life. Opportunities exist in a variety of professional environments and industries. Career aspirations of students majoring in kinesiology may require additional certifications and/or advanced degrees. Options include:

**Allied Health & Medicine**
- Anesthesiologist Assistant
- Cardiopulmonary Rehabilitation Specialist
- Chiropractor
- Clinical Laboratory Scientist
- Diagnostic Medical Sonographers
- Emergency Medical Technician
- Genetics Counselor
- Medical Perfusionist
- Nurse
- Occupational Therapy Assistant
- Oriental Medicine Practitioner
- Orientation and Mobility Specialist
- Pathologists’ Assistant
- Phlebotomist
- Physical Therapy Assistant
- Physician
- Physician Assistant
- Podiatrist
- Registered Dietitian
- Surgical Technician

**Education & Research**
- Adapted Physical Education Specialist
- Collegiate Educator/Faculty Member
- Ergonomic Researcher/Designer
- Physical Education Teacher
- Researcher
- Student-Athlete Development Counselor

**Fitness Leadership**
- Corporate Wellness Manager
- Exercise Program Director
- Group Exercise Instructor
- Health Club Owner/Manager
- Personal Trainer
- Strength & Conditioning Coach

**Rehabilitation**
- Acupuncturist
- Art/Dance/Music Therapist
- Athletic Trainer
- Audiologist
- Cardiac Rehabilitation Specialist
- Certified Orthotist or Prosthetist
- Child Life Specialist
- Exercise Physiologist
- Massage Therapist
- Occupational Therapist
- Physical Therapist
- Recreation Therapist
- Rehabilitation Counselor
- Respiratory Therapist
- Speech-Language Pathologist

**Health Promotion**
- Diet Counselor/Weight Loss Management Consultant
- Health Educator/Advocate
- Occupational Health & Safety Specialists
- Wellness Coordinator

**Public Service**
- Behavioral Specialist
- Case Manager
- Nonprofit Program Coordinator
- Social Worker

**Recreation & Leisure**
- Activities Coordinator
- Adaptive Sports & Recreation Program Manager
- Camp Owner/Director
- Community Recreation Specialist
- Intramural Sports Director
- Youth Specialist

**Sports & Athletic Administration**
- Athletic Director
- Coach
- Community Relations Mgr.
- Development Director
- Event Planner
- Equipment Manager
- Facility Manager
- Marketing & Promotions Manager
- Media Relations Director
- Scout/Player Personnel
- Sport Operations Manager
- Sports Attorney/Agent
- Sports Official
- Sports Psychologist
- Ticket Sales Representative
Log in to Handshake. Go to MSU.joinhandshake.com and use your MSU NetID and password to log in to Handshake.

Fill out your profile. Some of your information will already be in your Handshake profile. Check that all information is correct, and fill out the remainder of your profile.

Upload a Document. You’ll likely want to have a public resume available in Handshake for employers to see. Need help creating your resume? See a career advisor! Appointments can be made in Handshake by clicking on the Career Center tab then go to Appointments.

Take Handshake for a spin. Use the top search bar and filters to look for companies and jobs you’re interested in. You can save your searches in Handshake so finding relevant opportunities will be easy!

Follow jobs and employers you’re interested in. When you follow an employer or a job, you’ll automatically start receiving information about the company or job so you won’t miss out on updates or new opportunities!

What is Handshake?
Handshake is your one-stop-shop for all things career-related. It allows you to easily:

- Explore majors and career paths
- Sign up for workshops and events
- Learn about career fairs
- Connect with professionals
- Find job and internship opportunities
- Search career resources

All Jobs (part-time, on and off-campus, full-time and internships), Career Fairs, Employer Events, Off-Campus Career Events, and Career Advising Appointments will be posted on Handshake.

5 steps to get started with Handshake

We're Here to Help!
Career Consultants and peer advisors are located in every college to help answer all career-related questions (including what can I do with this major?) and to help you get started with Handshake.

College of Education
Pepa Casselman
134 Erickson Hall
carls173@msu.edu
(517) 353-9680
CareerNetwork.msu.edu
Kinesiology Student  
studentki@msu.edu  
231-555-5555

EDUCATION

Michigan State University, East Lansing MI  
Bachelor of Science, Kinesiology  
May 2022

Traverse City Central High School, Traverse City, MI  
GPA: 3.5/4.0  
June 2018

EXPERIENCE

MSU Recreational Sports & Fitness Services, East Lansing, MI  
August 2018-Present  
Student Assistant

- Monitored activity of up to 200 patrons per shift and provided quality customer service.
- Collaborated with co-workers to provide information on health and wellness, displayed throughout facility.

Boy Scouts of America, Traverse City, MI  
Eagle Scout  
June 2012-Present

- Awarded Scouting’s highest rank in 2013 - Troop 22
- Supervised and assisted the building of 4 cedar benches for local scenic trails.
- Recruited approximately 20 new scouts and contributed over 150 man-hours.
- Developed leadership skills through project planning and execution.

Grand Traverse Bay YMCA, Traverse City, MI  
April 2016-August 2018  
Pee Wee Sports Instructor

- Gained experience providing sports instruction to kids age 5 and under.
- Contributed up to 10 hours a week while in school and worked as much as 30 weeks during the summers.
- Only high school student invited to handle youth programs without the supervision of a full time staff member.

LEADERSHIP & INVOLVEMENT

Phi Epsilon Kappa (PEK) Kinesiology Organization, Member  
September 2018-Present  
Fall 2017

Munson Medical Center, Physical Therapy Job Shadow  
Spring 2017 & 2018  
Fall 2015-Fall 2018

Relay for Life, Volunteer & Participant  
August 2016-June 2017

Varsity Track and Field Team, Athlete

High School Marching Band, Member

Get involved at MSU. Successful students join clubs and organizations and eventually take on leadership positions.

Once you gain more college experience you won’t need to list your high school or experiences prior to coming to MSU anymore.

Try having a part-time job when you’re ready. This shows you are responsible and can manage your time. Choose one that is related to your career goals or will help you gain much needed transferrable skills.

Avoid highlighting only “jobs” on your resume. Valuable experiences can also be volunteer, research, or leadership-based. Choose those that have helped you gain valuable skill sets.

Start volunteering or job shadowing in your field of interest to decide what you like and what you don’t.

Need more help with your resume? Make an appointment with a career advisor in the College of Education at MSU.joinhandshake.com.
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!
Preparing for an Academic Advising Appointment

How to Make an Appointment

• Go to https://msu.campus.eab.com
• Click Get Advising in the upper right corner of the Student Success Dashboard
• Select Education College Advising
• Follow the steps to create an appointment
• Make sure to fill out all of the information
• You and your advisor will receive a confirmation email
• Mark your appointment down in your calendar
• Arrive to your appointment early or on time!

How to Prepare for Your Appointment

• Review degree and university requirements
• Familiarize yourself with Schedule of Courses, Schedule Builder, StuInfo, and Degree Navigator
• Take note of important dates
• Start planning your classes in Schedule Builder at schedule.msu.edu
• Make a list of questions to ask your advisor

What to Bring

• Your PID - the "A" number provided to you from the Registrars Office
• Your Net ID - your email address without the "@msu.edu"
• Forms that you may need signed by your advisor
• A list of prepared questions
• If preparing for enrollment, bring a list of classes you would like to take
• This amazing Academic Advising Guide!

After Your Appointment

• Keep this Academic Advising Guide for future reference
• Keep a folder or a notebook with information from your advising appointment - it may come in handy in the future
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
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://recsports.msu.edu/Fitness/adaptive/index.html](http://recsports.msu.edu/Fitness/adaptive/index.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/](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](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/](http://educationabroad.isp.msu.edu/)

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/](https://msuflise.com/)

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](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/](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/](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/](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/](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/](https://www.facebook.com/groups/5966165793/)

Spartan Performance, in collaboration with MSU SportsMEDICINE 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/](http://spartanperformance.msu.edu/)
KIN 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.  http://education.msu.edu/kin/cpah/research/default2.asp#herl

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.


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/

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
Stay Informed

Access academic reminders, college announcements, and career information at your fingertips.

Subscribe

1. Stay informed by subscribing using your MSU email at edwp.educ.msu.edu/KIN-NICATIONS
2. Verify that you are not a robot in the pop-up screen
3. Confirm subscription by checking your MSU email and clicking on the link provided in the message
PLUG INTO OUR COMMUNITY @

msucollegeofed

#MSUed  #MSUkin

EDUCATION.MSU.EDU/CONNECT

KINESIOLOGY ADVISORS
BECKY OLSEN beckyo@msu.edu
JENNIFER WATSON watsonj4@msu.edu
JUSTIN WOLFE wolfejus@msu.edu

STUDENT AFFAIRS & SERVICES
AMY TRATT ASSISTANT DIRECTOR tratt@msu.edu
KRISTY DUMONT DIRECTOR kdumont@msu.edu

CAREER ADVISOR
PEPA CASSELMAN carls173@msu.edu