Welcome from the Department of Kinesiology

Dear Students,

Welcome to Michigan State University's Academic Orientation Program (AOP), and specifically, welcome to the College of Education. Michigan State is an internationally leading educational and research institution that transforms lives in and out of the classroom. The University's mission is to advance knowledge and transform lives by:

- providing outstanding undergraduate, graduate, and professional education to promising, qualified students in order to prepare them to contribute fully to society as globally engaged citizen leaders
- conducting research of the highest caliber that seeks to answer questions and create solutions in order to expand human understanding and make a positive difference, both locally and globally
- advancing outreach, engagement, and economic development activities that are innovative, research-driven, and lead to a better quality of life for individuals and communities, at home and around the world

This manual’s purpose is to serve as a guide for each student in our department, so that you can transform yourselves as individuals while adding and adhering to the university’s mission.

We are very pleased that you have joined the MSU and COE family, and look forward to collaborating with you to achieve your academic, career, and life goals!

Sincerely,
The Department of Kinesiology Advising Team

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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.

B.S. in Kinesiology leads to...

Careers in...
- Personal Training
- Health Promotion
- Cardiac Rehabilitation
- Exercise Physiology
- Medicine
- Public Service/Agencies
- Rehabilitation Therapy
- Sports Nutrition
- Prosthetics & Orthotics
- Sports Administration

Graduate Study/Research in...
- Athletic Training
- Adapted Physical Activity
- Prosthetics & Orthotics
- Coaching/Administration
- Exercise Physiology
- Growth and Motor Development
- Physician/Physician Assistant
- Occupational Therapy
- Chiropractic

...and more!
What is Athletic Training?

Athletic Trainers (ATs) are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic Training majors receive formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences, and both types of learning will help you prepare for the Athletic Training certification exam.

With a B.S. in Athletic Training, you can work with...

- High School Teams
- College/Professional Teams
- Patients in a Clinical Setting
- Industry
- NASA
- The US Military
- Disney
- Research and Teaching
- Theater and Performance
...and more!
## KINESIOLOGY MAJOR COURSE RECORD

**Name:** __________________________  **Date Entered MSU:** ______________

**PID:** __________________________  **Transfer Student?** ______________

**Cognate or Minor:** __________________________  **Career Interest:** ______________

### MSU UNIVERSITY REQUIREMENTS – Apply to all MSU majors

<table>
<thead>
<tr>
<th>WRA – Writing, Rhetoric, and American Cultures</th>
<th>MTH – Minimum: MTH 105 and MTH 114 or MTH 124 or STT 200/201</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRA 101</td>
<td>MTH 1825 Intermediate Algebra</td>
</tr>
<tr>
<td>IAH – ARTS/HUMANITIES</td>
<td>MTH 103 (below) and/or</td>
</tr>
<tr>
<td>IAH 201-210</td>
<td>ISB/ISP – GENERAL SCIENCE</td>
</tr>
<tr>
<td>IAH 211 and higher</td>
<td>ISB (satisfied by PSL 250 below)</td>
</tr>
<tr>
<td>IS 200-level</td>
<td>ISP (satisfied by CEM 141 below)</td>
</tr>
<tr>
<td>IS 300-level</td>
<td>ISB/ISP Lab - CEM 161 Chem Lab 1</td>
</tr>
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</table>

### ADMISSION CORE REQUIREMENTS – Minimum 2.0 grade in each course before JUNIOR status, 56 cr

<table>
<thead>
<tr>
<th>CR</th>
<th>SEM</th>
<th>GR</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEM 141 General Chemistry</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>KIN 216 Applied Human Anatomy</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 251 Principles of Human Movement (meets University Lab Requirement)</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>MTH 103 College Algebra</td>
<td>3</td>
<td></td>
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<tr>
<td>PSL 250 Intro Physiology</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>CR</th>
<th>SEM</th>
<th>GR</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 121 The Healthy Lifestyle</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 173 Foundations of Kinesiology</td>
<td>3</td>
<td></td>
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<tr>
<td>KIN 250 Measurement in Kinesiology</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 310 Physiological Bases of Physical Activity (P: KIN173, KIN216, CEM141, PSL250)</td>
<td>3</td>
<td></td>
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<tr>
<td>KIN 330 Biomechanics of Physical Activity (P: KIN173, KIN216, PHY231)</td>
<td>3</td>
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<tr>
<td>KIN 360 Physical Growth/Motor Behavior (P: KIN216)</td>
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</table>

### KIN TIER II WRITING and INTERNSHIP COURSE REQUIREMENTS

<table>
<thead>
<tr>
<th>CR</th>
<th>SEM</th>
<th>GR</th>
</tr>
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<tbody>
<tr>
<td>KIN 345 Sport and Exercise Psychology (W) OR KIN 445 Sociocultural Analysis (W) (P: KIN173)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 492 Senior Internship Non-Physio (P: KIN310) or KIN 493 Senior Internship Physio (P: KIN411)</td>
<td>3-6</td>
<td></td>
</tr>
</tbody>
</table>

### COGNATE OR KIN-RELATED MINOR – Minimum of 12 credits total (See back page)

- CR
- SEM
- GR

### ELECTIVE/COGNATE COURSE WORK TO TOTAL MINIMUM OF: ____ 120 CREDITS  ____ 123 CREDITS (w/MTH1825)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>CR</th>
<th>SEM</th>
<th>GR</th>
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<tbody>
<tr>
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<thead>
<tr>
<th>COURSE</th>
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</tbody>
</table>
# ATHLETIC TRAINING MAJOR COURSE RECORD

**Name:**

**Date Entered MSU:**

**PID:**

**Transfer Student?**

**Credits for Grad:** 120 123 (w/ MTH1825)

**Add'l Cognate:**

## MSU UNIVERSITY REQUIREMENTS – Apply to all MSU majors

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</tr>
<tr>
<td>IAH 211 and higher I / N / D 4</td>
<td>ISB/ISP – GENERAL SCIENCE</td>
</tr>
<tr>
<td>ISS – SOCIAL SCIENCES</td>
<td>ISB (satisfied by PSL 250 below)</td>
</tr>
<tr>
<td>ISS 200-level I / N / D 4</td>
<td>ISP (satisfied by CEM 141 below)</td>
</tr>
<tr>
<td>ISS 300-level I / N / D 4</td>
<td>ISB/ISP Lab - CEM 161 Chem Lab I</td>
</tr>
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</table>

## ADMISSION CORE REQUIREMENTS – minimum 2.0 grade in each course before JUNIOR status, 56 cr

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<td></td>
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</tr>
<tr>
<td>MTH 103 College Algebra</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSL 250 Intro Physiology</td>
<td>4</td>
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</tbody>
</table>

## ATHLETIC TRAINING PRE-REQ REQUIREMENTS – minimum 2.5 grade point average overall for all courses

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
<th>GR</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 125 First Aid &amp; Personal Safety</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIN 126 Introduction to Athletic Training</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIN 127 Taping &amp; Bracing In Athletic Training</td>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td>KIN 320 Pathology of Injury</td>
<td>3</td>
<td></td>
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</tbody>
</table>
| KIN 227 Observations & Introduction to Clinical Skills in Athletic Training – Fall/Spring Semesters | 1| 1/1 | /
| KIN 228 Clinical Rotation & Skills in Athletic Training (for admitted students) – Spring Semester | 1 |     |    |

## 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>
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</tr>
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<tbody>
<tr>
<td>KIN 121 The Healthy Lifestyle</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>KIN 173 Foundations of Kinesiology</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>KIN 217 Applied Human Anatomy Lab (P: KIN216 or ANTR 350)</td>
<td>1</td>
<td></td>
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<tr>
<td>KIN 250 Measurement in Kinesiology</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>KIN 310 Physiological Bases of Physical Activity (P: KIN173, KIN216, CEM141, PSL250)</td>
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<td></td>
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<tr>
<td>KIN 345 Sport and Exercise Psychology (W)</td>
<td>3</td>
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<tr>
<td>KIN 360 Physical Growth/Motor Behavior (P: KIN216 or ANTR350)</td>
<td>3</td>
<td></td>
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<tr>
<td>KIN 411 Lab Experiences in Exercise Physiology (P: KIN 310)</td>
<td>2</td>
<td></td>
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<tr>
<td>KIN 465 Adapted Physical Activity</td>
<td>3</td>
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</tbody>
</table>

## ATHLETIC TRAINING COURSES (FOLLOWING FORMAL ADMISSION) – minimum 2.0 grade point average overall for all courses

<table>
<thead>
<tr>
<th>Course</th>
<th>CR</th>
<th>SEM</th>
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</thead>
<tbody>
<tr>
<td>KIN 421 Lower Evaluation of Injury</td>
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<tr>
<td>KIN 422 Advanced Rehab of Injury</td>
<td>3</td>
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<tr>
<td>KIN 423 Therapeutic Modalities</td>
<td>3</td>
<td></td>
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<tr>
<td>KIN 425 AT Organization/Administration</td>
<td>3</td>
<td></td>
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<tr>
<td>KIN 426 Upper Evaluation of Injury</td>
<td>3</td>
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<tr>
<td>KIN 427 Clinical Rotation – Fall 1</td>
<td>1</td>
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<tr>
<td>KIN 427 Clinical Rotation – Spring 1</td>
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<tr>
<td>KIN 427 Clinical Rotation – Fall 2</td>
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<tr>
<td>KIN 427 Clinical Rotation – Spring 2</td>
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<tr>
<td>KIN 491 Athletic Training Practicum</td>
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## ELECTIVE COURSE

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<th>Course</th>
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</table>
**Cognate/Minor Requirements:** All Kinesiology Majors must successfully complete an approved 12-credit cognate or a Kinesiology-related minor.

### Kinesiology Department Cognates

<table>
<thead>
<tr>
<th>Exercise Physiology</th>
<th>Psychosocial Aspects of Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 125 – 3 First Aid/Personal Safety</td>
<td>KIN 345 – 3 Sport and Exercise Psychology*</td>
</tr>
<tr>
<td>KIN 217 – 1 Anatomy Cadaver Lab</td>
<td>KIN 445 – 3 Sociocultural Analysis of Physical Activity*</td>
</tr>
<tr>
<td>KIN 371 – 3 Intro to Research Methods</td>
<td>KIN 371 – 3 Intro to Research Methods</td>
</tr>
<tr>
<td>KIN 411 – 2 Exercise Physiology Lab</td>
<td>KIN 443 – 3 Psychophysiological Aspects of KIN</td>
</tr>
<tr>
<td>KIN 465 – 3 Adapted Physical Activity Requires KIN 492 Internship</td>
<td>KIN 465 – 3 Adapted Physical Activity Requires KIN 492 Internship</td>
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</table>

### Cognitive and Motor Neuroscience

<table>
<thead>
<tr>
<th>KIN 217 – 1 Anatomy Cadaver Lab</th>
<th>Athletic Administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 365 – 3 Sensorimotor Control</td>
<td>KIN 401 – 4 Principles of Coaching II</td>
</tr>
<tr>
<td>KIN 371 – 3 Intro to Research Methods</td>
<td>KIN 453 – 3 Admin of Intramural Sports Programs</td>
</tr>
<tr>
<td>KIN 443 – 3 Psychophysiological Aspects of KIN</td>
<td>KIN 454 – 3 Facility Planning &amp; Construction</td>
</tr>
<tr>
<td>KIN 465 – 3 Adapted Physical Activity Requires KIN 492 Internship</td>
<td>KIN 456 – 2 Ethical Issues in Athletics Requires KIN 492 Internship</td>
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</table>

### Kinesiology Department Minors

<table>
<thead>
<tr>
<th>Health Promotion (18 credits)</th>
<th>Coaching (22-25 credits)</th>
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<tbody>
<tr>
<td>KIN 121 – 3 The Healthy Lifestyle</td>
<td>KIN 173 – 3 Foundations in Kinesiology,</td>
</tr>
<tr>
<td>PSY 320 – 3 Health Psychology</td>
<td>KIN 216 – 3 Applied Human Anatomy</td>
</tr>
<tr>
<td>HNF 150 – 3 Intro to Human Nutrition and Elective credits from approved list – 9</td>
<td>KIN 345 – 3 Sport &amp; Exercise Psychology</td>
</tr>
<tr>
<td>See College website: <a href="http://www.education.msu.edu/academics/undergraduate/kinesiology/health-promotion.asp">http://www.education.msu.edu/academics/undergraduate/kinesiology/health-promotion.asp</a></td>
<td>KIN 360 – 3 Physical Growth and Motor Development,</td>
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<td>KIN 400 – 4 Principles of Coaching I</td>
</tr>
<tr>
<td></td>
<td>KIN 401 – 4 Principles of Coaching II</td>
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<tr>
<td></td>
<td>KIN XXX – 2 Sport Coaching Course or Fieldwork</td>
</tr>
<tr>
<td></td>
<td>KIN 125 – 3 First Aid &amp; Personal Safety</td>
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<td>OR</td>
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</table>

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).
ATHLETIC TRAINING PROGRAM
ADMISSION POLICY

Individuals seeking admission to the Undergraduate Athletic Training Education Program must be formally admitted.

A. To be eligible for admission the student must be enrolled as an MSU student, complete an application, and submit required materials. The application and list of required materials are available on the web sites for the Department of Kinesiology and the MSU Athletic Training Program.

B. Admission to the Athletic Training Major is competitive and selective whereby a limited number of students are admitted each Spring Semester. Students meeting all selection (application) criteria may be denied admission to this program. Space availability in the formal curriculum is limited to an average of 25 new students each academic year.

C. The decision regarding final admission is based on the following criteria:
   - Completed Athletic Training Education Program Application.
   - Completion of KIN 125 (First Aid and Personal Safety), KIN 126 (Introduction to Athletic Training), KIN 127 (Clinical Observation in Athletic Training), KIN 320 (Pathology of Sports Injuries), KIN 227 (Clinical Rotations in AT) with a minimum average GPA of 2.5 for the 12 credits.
   - University cumulative GPA of 2.5 or above.
   - A minimum grade of 2.0 in each of the following classes: CEM 141, MTH 103, KIN 251, PSL 250, KIN 216 (ANTR 350 accepted).
   - Essay expressing reasons for selecting Athletic Training.
   - Three letters from personal references.
   - Interview with Athletic Training Admissions Board.
   - Space availability in the formal clinical curriculum sites

D. The deadline for completed admission applications is **February 1** of each year.

E. The Athletic Training Admissions Board reviews all applications and determines the number of students accepted into the curriculum for the following Fall Semester.

F. Decisions regarding acceptance into the program are made before **March 15** and students are notified by **March 30**.

Reference Websites:  
http://athletictraining.msu.edu/  
http://www.education.msu.edu/kin/undergrad/athletictraining/default.asp

For more information on admission to the athletic training education program:

Tracy Covassín Ph. D., ATC  
Undergraduate AT Program Director  
105 IM Sport Circle  
517-353-2010  
covassin@msu.edu

Thomas Mackowiak Ph. D., ATC  
Undergraduate AT Clinical Coordinator  
AT Room. Jenison Field House  
517-355-1627  
mackowi1@msu.edu
Math/Science Core Admission Requirement for KIN and AT

All KIN and AT 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
- KIN 251 (4) Principles of Human Movement
- MTH 103 (3) College Algebra
- PSL 250 (4) Introductory Physiology

Kinesiology Major—No application process
Athletic Training Major—Competitive application process

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### Degree Summary and Credits

<table>
<thead>
<tr>
<th>ATHLETIC TRNG</th>
<th>Requirements</th>
<th>KINESIOLOGY</th>
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<tbody>
<tr>
<td>32</td>
<td>University GEN ED Requirements</td>
<td>32</td>
</tr>
<tr>
<td>34</td>
<td>Kinesiology Core Courses</td>
<td>31</td>
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<tr>
<td>12</td>
<td>Pre-Admission Requirements/Cognate</td>
<td>12</td>
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<tr>
<td>19 + 23</td>
<td>Clinical Courses and/or Electives</td>
<td>45</td>
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<tr>
<td>120</td>
<td>TOTAL PROGRAM CREDITS</td>
<td>120</td>
</tr>
</tbody>
</table>

**Note:**
- If you take MTH1825 at MSU you will need 123 credits to graduate.
- Math/Science Core classes must be passed with at least a 2.0
- Formal Admission Process is required for Athletic Training. Includes 2.5 average in Pre-Admission Courses and overall MSU GPA of 2.5
- All students must have a 2.0 overall GPA to move to junior standing
- Average 2.0 GPA required for the following:  KIN121, KIN173, KIN250, KIN310, KIN330 and KIN360.
University Requirements

**Writing, Rhetoric & American Culture (WRA)**
WRA is the prefix for Writing, Rhetoric & American Culture courses. Students select one 100-level course in WRA to fulfill the first part (Tier 1) of MSU’s English/Writing requirement:

- WRA 101 (4 credits)

All students must complete a Tier II writing course as juniors or seniors. Kinesiology and Athletic Training 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 the 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.

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

**Integrative Studies in Social Science (ISS)**
ISS is the prefix for the 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/multicultural diversity.

**Mathematics Requirement**
MSU students must complete the following classes, or sequences of classes (not including MTH 1825) to satisfy the university math requirement:

- MTH 103 + MTH 114
- MTH 103 + MTH 124
- MTH 103 + STT 200 or STT 201
- MTH 116 or MTH 124 or MTH 132

Students placing into MTH 1825 will need at least 123 credits to graduate. All other students require 120 credits to receive a Bachelor’s degree.

**Science Requirements**
Students seeking a Bachelor’s of Science degree meet university requirements for biological and physical sciences (ISB & ISP) with alternate science courses. Kinesiology and Athletic Training majors must complete the following courses, including two lab credits:

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

ISB/ISP lab requirement can be met with CEM 161 and additional lab credit included in the Kinesiology core.
# Kinesiology Academic Four-Year Plan

*Use this page as a guide, not a rigid plan*

## Freshman Year: Fall Semester Through Summer Semester (28 credits by end of Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRA 101:</td>
<td>(4)</td>
</tr>
<tr>
<td>*MTH XXX: One or two courses</td>
<td>(3-6)</td>
</tr>
<tr>
<td>ISS 2XX:</td>
<td>(4)</td>
</tr>
<tr>
<td>CEM 141 &amp; 161: General Chemistry (4) and Lab 1 (1)</td>
<td>(5)</td>
</tr>
<tr>
<td>KIN 121: The Healthy Lifestyle</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 173: Foundations of Kinesiology</td>
<td>(3)</td>
</tr>
<tr>
<td>Electives:</td>
<td>(3-6)</td>
</tr>
</tbody>
</table>

*NOTE: Students who test into MTH 1825 need to complete the course before enrolling in MTH 103*

## Sophomore Year: Fall Semester Through Summer Semester (56 credits by end of Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>IAH 201-210:</td>
<td>(4)</td>
</tr>
<tr>
<td>ISS 3XX:</td>
<td>(4)</td>
</tr>
<tr>
<td>PSL 250: Introductory Physiology</td>
<td>(4)</td>
</tr>
<tr>
<td>KIN 216: Applied Human Anatomy</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 250: Measurement in Kinesiology</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 251: Principles of Human Movement</td>
<td>(4)</td>
</tr>
<tr>
<td>Electives:</td>
<td>(6-12)</td>
</tr>
</tbody>
</table>

*See suggested electives page. Courses could also be used for Minor or Pre-Professional preparation*

*Any courses left from freshman year*

## Junior Year: Fall Semester Through Summer Semester (88 credits by end of Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>IAH 211-241:</td>
<td>(4)</td>
</tr>
<tr>
<td>KIN 310: Physiological Bases of Physical Activity</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 360: Physical Growth/Motor Behavior</td>
<td>(3)</td>
</tr>
<tr>
<td>Cognate courses:</td>
<td></td>
</tr>
<tr>
<td>- Examples include:</td>
<td></td>
</tr>
<tr>
<td>- KIN 125: First Aid and Personal Safety</td>
<td>(3)</td>
</tr>
<tr>
<td>- KIN 371: Intro Research Methods KIN</td>
<td>(3)</td>
</tr>
<tr>
<td>Electives:</td>
<td>(12-15)</td>
</tr>
</tbody>
</table>

*See suggested electives page. Courses could also be used for Minor or Pre-Professional preparation*

*Any courses left from previous years*

## Senior Year: Fall Semester Through Spring Semester (120-123 credits by Spring Semester or Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 330: Biomechanics of Physical Activity</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 345 or KIN 445: Tier II Writing Course</td>
<td>(3)</td>
</tr>
<tr>
<td>Cognate courses:</td>
<td></td>
</tr>
<tr>
<td>- Examples include:</td>
<td></td>
</tr>
<tr>
<td>- KIN 217: Applied Human Anatomy Lab</td>
<td>(1)</td>
</tr>
<tr>
<td>- KIN 365: Sensorimotor Control</td>
<td>(3)</td>
</tr>
<tr>
<td>- KIN 411: Lab Exp in Exercise Physiology</td>
<td>(2)</td>
</tr>
<tr>
<td>- KIN 465: Adaptive Physical Activity</td>
<td>(3)</td>
</tr>
<tr>
<td>KIN 492 or KIN 493: Senior Internship</td>
<td>(3-6)</td>
</tr>
<tr>
<td>Electives to reach 120 credits:</td>
<td>(12-15)</td>
</tr>
</tbody>
</table>

*See suggested electives page. Courses could also be used for minor or Pre-Professional preparation*

*Any courses left from previous years*
# Kinesiology Course Planning Tool

**Name:** __________________________

**Date:** ________________________

## Pre-Reqs:

<table>
<thead>
<tr>
<th>Course</th>
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</thead>
<tbody>
<tr>
<td>KIN 173</td>
<td></td>
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<tr>
<td>KIN 216</td>
<td></td>
</tr>
<tr>
<td>KIN 310</td>
<td></td>
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<tr>
<td>PSL 250</td>
<td></td>
</tr>
<tr>
<td>CEM 141</td>
<td></td>
</tr>
<tr>
<td>KIN 411</td>
<td></td>
</tr>
<tr>
<td>KIN 493 Internship</td>
<td></td>
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<tr>
<td>or</td>
<td></td>
</tr>
<tr>
<td>KIN 492 Internship</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 173</td>
<td></td>
</tr>
<tr>
<td>KIN 216</td>
<td></td>
</tr>
<tr>
<td>KIN 330</td>
<td></td>
</tr>
<tr>
<td>KIN 251</td>
<td></td>
</tr>
</tbody>
</table>

## Fall | CR | Spring | CR | Summer | CR

<p>| | | | | | |</p>
<table>
<thead>
<tr>
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</tbody>
</table>

**Total Credits:**

### Fall | Total Credits | Spring | Total Credits | Summer | Total Credits

<p>| | | | | | |</p>
<table>
<thead>
<tr>
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<tbody>
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<td></td>
</tr>
</tbody>
</table>

**Total Credits to Graduate:** 120 or 123 (if MTH 1825 taken)

**Important:** This schedule is a student tool/guide, not a rigid plan! Students are responsible for knowing university, college, department and grad school requirements.
# Athletic Training Academic Four-Year Plan

*Use this page as a guide, not a rigid plan*

## Freshman Year: Fall Semester Through Summer Semester (28 credits by end of Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRA 101</td>
<td>4</td>
</tr>
<tr>
<td>*MTH XXX: One or two courses</td>
<td>3-6</td>
</tr>
<tr>
<td>CEM 141 &amp; 161: General Chemistry (4) &amp; Lab 1 (1)</td>
<td>5</td>
</tr>
<tr>
<td>KIN 125: First Aid and Personal Safety</td>
<td>3</td>
</tr>
<tr>
<td>KIN 126: Introduction to Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>KIN 127: Taping and Bracing in Athletic Training</td>
<td>1</td>
</tr>
<tr>
<td>KIN 173: Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td>3-6</td>
</tr>
</tbody>
</table>

*NOTE: Students who test into MTH 1825 need to complete the course before enrolling in MTH 103*

## Sophomore Year: Fall Semester Through Summer Semester (56 credits by end of Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ISS 2XX</td>
<td>4</td>
</tr>
<tr>
<td>IAH 201-210</td>
<td>4</td>
</tr>
<tr>
<td>PSL 250: Introductory Physiology</td>
<td>4</td>
</tr>
<tr>
<td>KIN 121: The Healthy Lifestyle</td>
<td>3</td>
</tr>
<tr>
<td>KIN 216: Applied Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>KIN 227: Observations and Introduction to Clinical Skills in AT (Fall)</td>
<td>1<em><strong>Application Year</strong></em></td>
</tr>
<tr>
<td>KIN 227/228: (Spring)</td>
<td>1/2</td>
</tr>
<tr>
<td>KIN 251: Principles of Human Movement</td>
<td>4</td>
</tr>
<tr>
<td>KIN 320: Pathology of Injury</td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td>0-6</td>
</tr>
</tbody>
</table>

*Any courses left from freshman year*

## Junior Year: Fall Semester Through Summer Semester (88 credits by end of Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>IAH 211 and higher</td>
<td>4</td>
</tr>
<tr>
<td>ISS 3XX</td>
<td>4</td>
</tr>
<tr>
<td>KIN 217: Applied Human Anatomy Lab</td>
<td>1</td>
</tr>
<tr>
<td>KIN 250: Measurement in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 310: Physiological Bases of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 360: Physical Growth/Motor Behavior</td>
<td>3</td>
</tr>
<tr>
<td>KIN 421: Lower Evaluation of Injury</td>
<td>3</td>
</tr>
<tr>
<td>KIN 422: Advanced Rehab of Injury</td>
<td>3</td>
</tr>
<tr>
<td>KIN 423: Therapeutic Modalities</td>
<td>3</td>
</tr>
<tr>
<td>KIN 427: Clinical Rotation—Fall 1</td>
<td>1</td>
</tr>
<tr>
<td>KIN 427: Clinical Rotation—Spring 1</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>3-6</td>
</tr>
</tbody>
</table>

*Any courses left from previous years*

## Senior Year: Fall Semester Through Spring Semester (120-123 credits by Spring Semester or Summer Semester)

<table>
<thead>
<tr>
<th>Course</th>
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</tr>
</thead>
<tbody>
<tr>
<td>KIN 330: Biomechanics of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 345: Sport and Exercise Psychology (W)</td>
<td>3</td>
</tr>
<tr>
<td>KIN 411: Lab Experiences in Exercise Physiology</td>
<td>2</td>
</tr>
<tr>
<td>KIN 425: AT Organization/Administration</td>
<td>3</td>
</tr>
<tr>
<td>KIN 426: Upper Evaluation of Injury</td>
<td>3</td>
</tr>
<tr>
<td>KIN 427: Clinical Rotation—Fall 2</td>
<td>1</td>
</tr>
<tr>
<td>KIN 427: Clinical Rotation—Spring 2</td>
<td>1</td>
</tr>
<tr>
<td>KIN 465: Adaptive Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 491: Athletic Training Practicum</td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td>3-9</td>
</tr>
</tbody>
</table>

*Any courses left from previous years*
ATHLETIC TRAINING PLANNING TOOL

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 126 or SS</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 127 or SS</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>KIN 125 or SS</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 126 or SS</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PSL 250</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CEM141</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL CREDITS: 120

TOTAL CREDITS TO GRADUATE: **120** OR **123** NEEDED IF MTH 1825 TAKEN

IMPORTANT: This schedule is a guide, not a rigid plan. You may need elective credits to reach the number required for graduation. You are responsible for knowing college and university requirements and for tracking your individual progress toward program completion.
Suggested Elective Courses for Kinesiology/Athletic Training Students

ADV 205  Principles of Advertising (3)
ADV 260  Principles of Public Relations (3)
ANP 200  Navigating Another Culture (2)
ANP 204  Introduction to Medical Anthropology (3 – summer)
ANP 270  Women & Health Perspectives (3 – fall)
ANP 370  Culture, Health & Illness (3)
ANP 425  Issues in Medical Anthropology (3 – fall - ANP 101 or ANP 201 or ANP 204)
CEP 240  Diverse Learners in Multicultural Perspective (3)
CEP 260  Dynamics of Personal Adjustment (3)
CEP 261  Substance Abuse (3)
CEP 460  Communication Skill Training for the Helping Professional (3 – juniors and seniors)
CEP 470  Disabilities in a Diverse Society (3 – juniors and seniors)
COM 100  Human Communication (3)
COM 225  Interpersonal Communication (3)
COM 240  Introduction to Organizational Communication (3)
COM 275  Effects of Mass Communication (3)
CSS 202  World of Turf (2)
CSS 222  New Horizons in Biotechnology (2 – fall)
EAD 315  Student Leadership (3 – pass/fail)
EC 370  Economics of Sport (3 – summer – EC 201)
EC 498  Economics of Health Care (3 – fall odd years – EC 301)
EPI 390  Disease in Society (4 – spring)
GEO 215  Sports Geography (3 – fall odd years)
GEO 435  Geography of Health Disease (3 – fall)
HB 100  Introduction to Hospitality Business (2 – freshmen and sophomores)
HB 105  Service Management Principles (2 – freshmen and sophomores – rec. HB 100)
HDFS 145  Marriage and the Family (3)
HDFS 211  Child Growth & Development (3)
HDFS 212  Children, Youth and Family (3)
HDFS 225  Lifespan Human Development in the Family (3)
HDFS 238  Personal Finance (3)
HM 101  Introduction to Public Health (3)
HNF 101  Personal Nutrition and Health (3 – summer)
HNF 150  Introduction to Human Nutrition (3)
HNF 457  Sports & Cardiovascular Nutrition (3 – spring – HNF 150, PSL 250 and KIN 310)
HST 324  History of Sport in America (3 - spring)
HST 329  College Sports History (3 – fall and summer)
JRN 108  The World of Media (3)
KIN 1xx  Kinesiology Activity class (1 – check schedule for variety of options)
KIN 125  First Aid and Personal Safety (3)
KIN 300x  Coaching classes (2 – check schedule for variety of options)
KIN 402  Coaching for Strength, Conditioning & Fitness (2 – spring)
KIN 424  Psychology of Injury (3 – summer and fall)
KIN 443  Psychophysiological Aspects of Kinesiology (3 – fall)
KIN 453  Administration of Intramural Sports Programs (3)
KIN 454  Facility Planning and Construction (3 – spring)
KIN 494  SPartners for Heart Health (1- fall and spring - juniors and seniors – need to submit an application)
LB 270  Medical Terminology (2 – summer)
OST 401  Selected Topics in Osteopathic Medicine (1)
PHL 344  Ethical Issues in Health Care (4)
PSY 101  Introductory Psychology (4)
PSY 244  Developmental Psychology: Infancy through Childhood (3)
PSY 320  Health Psychology (3)
PSY 344  Developmental Psychology: Adolescence through Youth (3 – spring and summer)
RAD 590  Independent Study in Radiology (Spartan Performance)
SOC 100  Introduction to Sociology (4)
SOC 131  Social Problems (3 – fall)
SOC 216  Sex and Gender (3)
SOC 241  Social Psychology (3)
SOC 316  Youth and Society (3)
SOC 322  Sociology of Work (3 – fall)
SOC 325  Play, Games and Sports (3 – fall)
SOC 475  Health and Society (3)
TE 250  Human Diversity, Power, and Opportunity in Social Institutions (3)
Orientation Enrollment Worksheet

During lunch, take a few minutes to complete the following worksheet. This assignment will help you prepare for your meeting with your advisor. During that meeting, you and your advisor will create a plan for your fall and spring semesters.

**Student Name:**

PID:  
Major:  
Career Interest:

<table>
<thead>
<tr>
<th>Electives of interest</th>
<th>CR</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
</tbody>
</table>

Favorite high school classes:

1)  
2)  
3)

Most challenging high school class:

1)

AP/Dual Enrollment/Transfer credits expected:

Check the following that apply:

- Academic Scholars:  
- ROTC:  
- Honors College:  

Why did you pick this major?

Comments or questions for your advisor:
CAREER OPPORTUNITIES IN KINESIOLOGY

Allied Health
- Anesthesiologist Assistant
- Cardiopulmonary Rehab Specialist
- Diagnostic Medical Sonographers
- Occupational Therapy Assistant
- Pathologists’ Assistant
- Physical Therapy Assistant
- Surgical Technician

Consultant
- Conference Services
- Event Planning
- Nutritional Supplements
- Research
- Sporting Attire Manufacturers
- Running Shoes
- Sporting Equipment

Education
- Health Educator
- Adapted Physical Education
- K-12 Physical Education
- Medical Writer
- Research
- Community College
- University

Fitness Careers
- Fitness Instructor
- Aerobics Instructor
- Corporate Fitness Instructor
- Group Exercise Instructor
- Group/Personal Trainer
- Special Population
- Choreography & Music Services
- Geriatric
- Pre or Postnatal
- Yoga Instructor
- Strength & Conditioning Coach

Health Wellness Medicine
- Cardiac Rehabilitation Specialist
- Chiropractor
- Corporate Health/Wellness Manager
- Dietitian
- Exercise Physiologist
- Genetic Counseling
- Medical Laboratory Scientist

Health Fitness Rehabilitation
- Acupuncture
- Adaptive Movement Specialist
- Athletic Trainer
- Certified Orthotist or Prosthetist
- Dance/Movement Therapist
- Ergonomic Researcher/Designer
- Exercise Researcher
- Hand Therapist
- Massage Therapist
- Occupational Physiologist
- Occupational Therapist
- Physical Therapist
- Recreation Therapist
- Rehabilitation Therapist
- Rehabilitation Counselor

Health Club Administration
- Exercise Program Director
- Exercise Test Consultant
- Diet Counselor
- Owner/Manager

Health & Wellness Promotions
- Health Food Stores/Sales
- Vitamins, Nutritional Supplements
- Health Inspector
- Pharmaceutical/Medical Sales

Public Service
- Donor Services
- Health Administration & Management
- "Make-a-Wish" Foundation
- Public Health Administration
- Public Policy
- Medical Coding/Billing
- Medical Services Administration
- Developmental Disabilities Council
- Community & Mental Health
- Case Manager
Career Opportunities Continued...

Recreation & Leisure
- Activity Director
- Camp Owner/Director
- Director of Youth Camps/Sports Programs
- Red Cross
- Cruise Director
- Event Planning
- Parks & Recreation Departments

Sports Related
- Agent/Sports Representative
- Athlete Development
- Athletic Director
- Charity Sports Marketing
- Community Relations Manager
- Director of Intramurals & Recreation
- Director of Ticket Sales
- Disability Sports Administrator
- Equipment Manager
- Fundraiser/Development Director
- Group Ticket Sales Operations
- Intramural Sports Director
- Marketing & Promotions Manager
- Player Personnel
- Public Relations
- Sales & Customer Service
- Scout
- Special Events Planning
- Sports Academician
- Sports Administration
- Sports Attorney
- Sports Entrepreneur
- Product Development/Distribution
- Sports Facility Management
- Sports Museums/Halls of Fame
- Sports Officiating
- Stadium Operations
- Statistician

INDIRECT Career Options
- Academic Counselor, College Athletics
- Special-Risk Insurance
- Advertising Account Assistant
- Corporate Recruiter
- Customer Service Representative
- Developer of Educational Tools
- Music Therapy

Kinesiology Internship
- You will be required to complete a 3-6 credit internship during your senior year
- Senior standing is 88 credits
- Students must work 60 hours for each credit earned
- Over the course of the semester, a 3 credit internship would be equal to 180 hours of work, which is roughly 12 hours per week
- Depending on your cognate choice, you will enroll in either KIN492 or KIN493
- The internship can take place either in or out of the state of Michigan
- Out-of-state options are limited
- Finding the internship site is up to the student
- The site needs to be approved by Internship Coordinator Keri Morrison
- Each student is required to attend a mandatory meeting prior to enrolling in the internship course
- Some of the information listed on the internship web page includes:
  - List of sites our students have used
  - Keri Morrison’s contact information
  - Mandatory meeting dates
  - Out-of-state internship information
- http://www.education.msu.edu/kin/undergrad/kinesiology/493Internship.asp

Destination Survey
Preparing for Graduation & Beyond

**Year 1**
- Job Shadow
- Join a Student Organization
- Get Involved in Research
- Explore KIN Cognates
- Attend a Career Exposure Event
- Start Your Resume
- Register on MySpartanCareer

**Year 2**
- Volunteer/Part-Time Job
- Organization & Community Involvement
- Research
- Attend a Career Event or Site Visit
- Contact Pre-professional Advisors
- Choose KIN cognate

**Year 3**
- Volunteer/Part-Time Job
- Explore Internships
- Student Organization Leadership
- Engage with Faculty
- Attend Grad School Fair
- Study Abroad/Away

**Year 4**
- KIN internship
- Apply for Jobs or Graduate School
- Student Organization Leadership
- Update Your Resume
- Attend Career Fairs & Networking Events

**GETTING IT RIGHT FROM THE START**

College is about exploring your career options, finding your purpose, and developing valuable knowledge and competencies. KIN academic and career advisors can help you become a well-rounded professional who utilizes **analytical thinking** skills, demonstrates **cultural understanding**, applies **effective citizenship**, engages in **effective communication**, and integrates **knowledge & skills** in the workplace or graduate school.
Kinesiology Student
studentki@msu.edu
231-555-5555

School Address
908 Akers Road, Rm 101 East Akers Hall
East Lansing, MI 48825

Home Address
1234 Sunshine Ln.
Traverse City, MI 49684

EDUCATION
Michigan State University, East Lansing MI
Bachelor of Science, Kinesiology
May 2020

Traverse City Central High School, Traverse City, MI
GPA: 3.5/4.0
June 2016

EXPERIENCE
MSU Recreational Sports & Fitness Services, East Lansing, MI
Student Assistant
August 2016-Present

- 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 2010-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
Pee Wee Sports Instructor
April 2014-August 2016

- 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 2016-Present

Munson Medical Center, Physical Therapy Job Shadow
Fall 2015

Relay for Life, Volunteer & Participant
Spring 2015 & 2016

Varsity Track and Field Team, Athlete
Fall 2012-Fall 2016

High School Marching Band, Member
August 2014-June 2015

Need more help with your resume? Make an appointment with your College of Education Career Consultant at CareerNetwork.msu.edu
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 employers
- Find job and internship opportunities
- Search career resources

5 steps to get started with Handshake

Login to Handshake. You will receive an email from us with a link to join Handshake. If you don’t have that email, try finding our Handshake page at: MSU.joinhandshake.com. Click the ‘Sign up for an Account’ link in the lower left hand corner to get started.

Fill out your profile. Some of your information will already be in your Handshake profile. Check to be sure 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. This will also help you complete your Handshake profile.

Take Handshake for a spin. Use the top search bar and filters to look for companies and jobs you’re interested in learning more about or applying to. You can always save your searches in Handshake, so finding relevant employers and jobs 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!

We’re Here to Help!

Career Consultants 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
134A Erickson Hall
carlsl173@msu.edu
(517) 353-9682
CareerNetwork.msu.edu
Student Resources
http://www.inclusion.msu.edu/Outreach/CampusResources.html

Advising
- College of Education
  Our advisors:
  http://education.msu.edu/academics/undergraduate/advisors.asp

Academic
- Academic Programs Catalog
  Listing of University policies and academic programs and their requirements:
  https://reg.msu.edu/AcademicPrograms/
- Learning Resources Center
  Individual tutoring (both day & night), study groups, computer/learning lab, GRE prep, etc:
  http://lrc.msu.edu/index.html
- TRIO Student Support Services
  Support for students accepted in the TRIO Program: 209 Bessey Hall, 517-353-5210
  http://oss.msu.edu/
- Resource Center for Persons with Disabilities
  120 Bessey Hall, 517-884-7273
  https://www.rcpd.msu.edu/
- Writing Center
  Assistance with all aspects of writing, 300 Bessey Hall, 517-432-3610
  http://writing.msu.edu

Careers
- Career Services Network
  Career advising can help students plan and prepare for life after college
  http://careernetwork.msu.edu/
- KIN-nections
  A website designed to help students connect to out-of-the-classroom experiences
  http://edwp.educ.msu.edu/kin-nections/

Financial Aid
- Office of Financial Aid
  252 Student Services Building, 517-353-5940
  http://finaid.msu.edu

Volunteer Opportunities
- Center for Service Learning and Civic Engagement
  27 Student Services Building, 517-353-4400
  http://www.servicelearning.msu.edu/

Counseling & Health
- MSU Counseling Center
  207 Student Services, 517-355-8270
  http://counseling.msu.edu/
- Olin Health Center
  Medical and Dental Care, East Circle Drive, 517-884-6546
  http://www.olin.msu.edu/
Clubs and Organizations for KIN/AT Majors

http://studentlife.msu.edu/
http://msucoestudentorgs.weebly.com/

- **Adaptive Sports and Recreation Club** promotes the health, social, and psychological benefits of physical activity to individuals with physical disabilities.
  http://recsports.msu.edu/Fitness/adaptive/index.html

- **Alternative Spartan Breaks** hopes to offer Spartans opportunities to discover and explore the active citizen inside of them by planning and implementing over 20 service trips each year.
  http://asb.msu.edu/

- **E-Stim** focuses on educational, outreach, and social activities for Athletic Training students.
  http://athletictraining.msu.edu/current-students/e-stim.html

- **FLISE** is a registered student organization that provides MSU students with the opportunity to meet with and learn from successful industry professionals in sports and entertainment.
  https://msuflise.com/

- **Intramural Sports** offers students, faculty and staff the opportunity to participate in many Intramural Sports and activities on a competitive and recreational level.
  http://www.recsports.msu.edu/intramural-sports/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-Medical Association at MSU** aims to provide undergraduates with the opportunities and information needed to be a successful medical school applicant.
  https://www.facebook.com/pages/MSU-Pre-Medical-Association/232448900129895?ref=stream

- **Pre-Physical & Occupational Therapy Association** provides undergraduates with the opportunities and information needed to be a successful PT or OT program applicant.
  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/

- **(S)Partners for Heart Health** The Spartners for Heart Health research project is designed to help 5th grade students sustain or improve nutrition and physical activity behaviors that support heart-health and to provide "hands-on" training for MSU dietetic, kinesiology and medical students.
  http://sportsnutrition.msu.edu/SPartners/index.html

- **Spartan Performance**, in collaboration with MSU SportsMEDICINE and Rehabilitation Medicine, provides an integrated, holistic approach to the care and training of mid-Michigan athletes.
  http://snapp.msu.edu/

- **Study Abroad** administers over 275 programs taking place in more than 60 countries around the world.
  http://studyabroad.isp.msu.edu/
Research Opportunities

http://education.msu.edu/kin/research/

- **Institute for the Study of Youth Sports (ISYS)** provides leadership, conducts scientific research and engages in service or outreach that transforms the face of youth sports in ways that maximize the beneficial physical, psychological and social effects of participation for children and youth while minimizing detrimental effects.
  http://edwp.educ.msu.edu/isys/

- **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/

- **Motor Learning and Rehabilitation Engineering Laboratory (MOTRE)** focuses to understand the fundamental questions of motor learning.
  https://sites.google.com/site/motrelab/home

- **Physical Activity Laboratory (PAL)** focuses on the measurement of physical activity in pediatric populations and the development of longitudinal school-based and family-based interventions to increase physical activity.
  http://www.education.msu.edu/kin/news_events/recentpublications.asp

- **Sensorimotor Development Lab (SDLab)** focuses in the area of motor development throughout the lifespan, specifically in the context of how infants and young children learn to interact with the surrounding environment.
  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.
  http://education.msu.edu/kin/research/SiMPL/index.html

- **Sport-Related Concussion Laboratory (SRCL)** focuses on the neurocognitive function of athletes who incur a sports-related concussion.
  http://education.msu.edu/kin/srcl/

- **Sports Skills Program (SSP)** provides coaching and instruction in sports skills to children and adults with disabilities who reside in the greater Lansing area.
  http://education.msu.edu/kin/research/ssp.asp

- **Exergames Research Lab (XRL)** is dedicated to improving the way people exercise by combining novel technologies and social psychology principles.
  http://education.msu.edu/kin/xrl/
Tips for Success from MSU Students to MSU Students

As previous incoming students, we realize that college is a pretty big and scary place if you do not know what to expect. Therefore, we have developed this handout to give incoming students inside information. So relax, we have got you covered!

Go to class!
- When you feel the urge to skip class, remember, you are paying over $400 per credit! View college like a full-time job. If you just skipped a day of work because you “didn’t feel like going,” what would happen?

Don’t memorize. Instead, learn, process and relate.
- What separates memorization from learning is a sense of meaning. When you memorize a fact, it’s arbitrary, interchangeable—it makes no difference to you whether sine of π/2 is one, zero, or a million.
- When you learn a fact, it’s bound to others by a web of logic. It could be no other way. Your classes during your first couple of years prepare you for your subsequent classes.

Your instructors are there for you.
- Office hours are set up to help students gain success strategies to enhance performance. Your instructors want you to attend these designated hours.
- Meet with your instructor early in the semester to inquire about study strategies and tips for success.

Meet with your advisor at least once a semester.
- Your advisors help keep you on track with your graduation requirements, ensure that your semesters are balanced, among many other services.

Develop good study habits.
- Cramming is not conducive for proper learning. It takes the human brain time to form long-term memories. If you study the material each week, you will preform better on exams.

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.

Additional information and tips.
- Attend athletic events. Having top-10 programs in both basketball and football is a true rarity.
- 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 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!
Stay Connected!

College of Education
Address:
620 Farm Lane, Rm 134
Michigan State University
East Lansing, MI 48824

Phone Number:
517-353-9680

Education Advisors
Kristy Dumont
kdumont@msu.edu
Michael Zaborowski
zaborow3@msu.edu
Janet Chegwidden
chegwid1@msu.edu
Joella Cogan
coganj@msu.edu

Social Media
MSUCollegeofED
@MSU_COEAdvisors
@msucollegeofed
msucollegeofed
College of Education
Michigan State Unerversity
msucollegeofed
MSUCollegeofEd

Kinesiology Advisors
Amy Tratt
tratt@msu.edu
Becky Olsen
beckyo@msu.edu
Mike Haslett
haslett3@msu.edu
Jennifer Watson
watsonj4@msu.edu

Career Advisor
Pepe Casselman
carls173@msu.edu
www.careernetwork.msu.edu