2017/2018 ACADEMIC ADVISING GUIDE

KINESIOLOGY & ATHLETIC TRAINING
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, college websites, academic advising, and so many additional resources to become an expert in your major. After all, it is YOUR JOURNEY! Make the most of it!

Whether you are a Kinesiology or Athletic Training 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, movement and exercise physiology, and sport. 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. 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 Study 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!

Sincerely,
The Department of Kinesiology Advising Team
What is Kinesiology?

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. It includes, but is not limited to, such areas of study as exercise science, motor control and development, sports business management, athletic training and sports medicine, socio-cultural aspects of sports, sport and exercise psychology, fitness leadership, and pre-professional preparation for physical therapy, occupational therapy, medicine and other clinical-related health fields.

What do Athletic Trainers do?

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. AT 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.
KINESIOLOGY MAJOR COURSE RECORD

Name: ___________________________  Date Entered MSU: ________________
PID: ___________________________  Transfer Student? ________________
Cognate or Minor: ____________________  Career Interest: ________________

<table>
<thead>
<tr>
<th>MSU UNIVERSITY REQUIREMENTS – Apply to all MSU majors</th>
<th>MTH – Minimum: MTH 103 and MTH 124 or MTH 126 or STT 200/201</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRA – Writing, Rhetoric, and American Cultures</td>
<td>MTH 1825 Intermediate Algebra</td>
</tr>
<tr>
<td>WRA 101</td>
<td>3</td>
</tr>
<tr>
<td>IAH – ARTS/HUMANITIES</td>
<td>MTH 103 (below) and/or</td>
</tr>
<tr>
<td>IAH 201-210</td>
<td>MTH/STT</td>
</tr>
<tr>
<td>IAH 211 and higher</td>
<td>3-5</td>
</tr>
<tr>
<td>ISS – SOCIAL SCIENCES</td>
<td>ISB/ISP – GENERAL SCIENCE</td>
</tr>
<tr>
<td>ISS 200-level</td>
<td>ISB (satisfied by PSL 250 below)</td>
</tr>
<tr>
<td>ISS 300-level</td>
<td>ISP (satisfied by CEM 141 below)</td>
</tr>
<tr>
<td>PSL 250 Intro Physiology</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADMISSION CORE REQUIREMENTS – minimum 2.0 grade in each course before JUNIOR status, 56 cr</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEM 141 General Chemistry</td>
</tr>
<tr>
<td>KIN 216 Applied Human Anatomy</td>
</tr>
<tr>
<td>KIN 251 Principles of Movement (meets University Lab Requirement)</td>
</tr>
<tr>
<td>MTH 103 College Algebra</td>
</tr>
<tr>
<td>PSL 250 Intro Physiology</td>
</tr>
</tbody>
</table>

| KIN CORE COURSES – minimum 2.0 grade point average overall for all courses                   | |
|------------------------------------------------------------------------------------------------|
| KIN 121 The Healthy Lifestyle                                                                | 3 |
| KIN 173 Foundations of Kinesiology                                                           | 3 |
| KIN 250 Measurement in Kinesiology                                                          | 3 |
| KIN 310 Physiological Bases of Physical Activity (P: KIN173, KIN216, CEM141, PSL250)          | 3 |
| KIN 330 Biomechanics of Physical Activity (P: KIN173, KIN216, KIN251)                        | 3 |
| KIN 360 Physical Growth/Motor Behavior (P: KIN216, KIN251)                                   | 3 |

<table>
<thead>
<tr>
<th>KIN TIER II WRITING and INTERNSHIP COURSE REQUIREMENTS</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>
</tr>
<tr>
<td>KIN 492 Senior Internship Non-Physio (P: KIN310) or KIN 493 Senior Internship Physio</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COGNATE OR KIN-RELATED MINOR – Minimum of 12 credits total  (See back page)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ELECTIVE/COGNATE COURSE WORK TO TOTAL MINIMUM OF:</th>
<th>120 CREDITS</th>
<th>123 CREDITS (w/ MTH1825)</th>
</tr>
</thead>
<tbody>
<tr>
<td>COURSE</td>
<td>CR</td>
<td>SEM</td>
</tr>
</tbody>
</table>

It is your responsibility to be aware of your degree requirements
It is your responsibility to be aware of your degree requirements
KINESIOLOGY COGNATES

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

KINESIOLOGY DEPARTMENT COGNATES

**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
  Requires KIN 493 Internship

**PSYCHO-SOCIAL 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
  Requires KIN 492 Internship

* 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
  Requires KIN 492 Internship

**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
  Requires KIN 492 Internship

KINESIOLOGY DEPARTMENT MINORS
Requires KIN 492 Internship

**HEALTH PROMOTION** (18 credits)
- KIN 121 – 3 The Healthy Lifestyle
- PSY 320 – 3 Health Psychology (P: PSY101)
- HNF 150 – 3 Intro to Human Nutrition
  and
  Elective credits from approved list – 9

See College website:
http://www.education.msu.edu/academics/undergraduate/kinesiology/health-promotion.asp

**COACHING** (22-25 credits)
- KIN 173 – 3 Foundations in Kinesiology,
- KIN 216 – 3 Applied Human Anatomy
- KIN 345 – 3 Sport & Exercise Psychology
- KIN 360 – 3 Physical Growth and Motor Development,
  KIN 400 – 4 Principles of Coaching I
  KIN 401 – 4 Principles of Coaching II
  KIN XXX – 2 Sport Coaching Course or Fieldwork
  KIN 125 – 3 First Aid & Personal Safety
  OR
  Current certification in First Aid and CPR (through an approved source)

See College website:
http://www.education.msu.edu/academics/undergraduate/kinesiology/coaching.asp

In addition to completion of the Cognate/Minor Requirement, students may choose to create a Pre-Professional Preparation Plan when selecting elective course work required for graduate school admission. The MSU PreProfessional Advising Resources website (https://natsci.msu.edu/students/preprofessional/) provides details on health career options, graduate school selection, grad program admission requirements and prerequisites, the application process, admission test preparation, suggested elective courses, related student organizations, co-curricular volunteer and service activities, and much more! Students thinking about graduate school will want to schedule an appointment with an MSU Pre-Professional Advisor (College of Natural Science).
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.
   - Average GPA for students admitted in 2017 was a 3.6593.
   - 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 1st 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 5th and students are notified by March 10th.

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 Covassin 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
KIN/AT Admission Core

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

Degree Summary and Credits

<table>
<thead>
<tr>
<th>ATHLETIC TRNG</th>
<th>Requirements</th>
<th>KINESIOLOGY</th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td>University GEN ED Requirements</td>
<td>35</td>
</tr>
<tr>
<td>34</td>
<td>Kinesiology Core Courses</td>
<td>31</td>
</tr>
<tr>
<td>12</td>
<td>Pre-Admission Requirements/Cognate</td>
<td>12</td>
</tr>
<tr>
<td>23 + 16</td>
<td>Clinical Courses and/or Electives</td>
<td>42</td>
</tr>
<tr>
<td>120</td>
<td>TOTAL PROGRAM CREDITS</td>
<td>120</td>
</tr>
</tbody>
</table>

- Students who take MTH1825 must earn a minimum of 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
Universities
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 KIN 251.

Honors College
Honors College General Education Requirements substitute for the University requirements in Integrative Studies and Writing for HC members. Substitution requirements may be proposed to and approved by an HC advisor.
# 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: (103 and 114, or 116 or 124 or 132)</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>(3-9)</td>
</tr>
</tbody>
</table>

## 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 251: Principles of Human Movement</td>
<td>(4)</td>
</tr>
<tr>
<td>Electives</td>
<td>(9-12)</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>
</tr>
</thead>
<tbody>
<tr>
<td>IAH 211-241</td>
<td>(4)</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>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>(9-12)</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 to reach 120 credits:</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</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

**COGNATE:**

**NAME:**

**DATE:**

## Pre-reqs:
- KIN 173
- KIN 216
- PSL 250
- CEM 141
- KIN 310
- KIN 411
- KIN 493 internship
- or
- KIN 492 internship
- KIN 173
- KIN 216
- KIN 330
- KIN 251

### Course Planning Table

<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>
</tbody>
</table>

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

<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>
</tbody>
</table>

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

<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>
</tbody>
</table>

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

**Total Credits to Graduate:** 120/123

**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

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

- **WRA 101:** 4 credits
- **MTH XXX:** One or two courses 3-6 credits
- **CEM 141 & 161:** General Chemistry (4) and Lab 1 (1) 5 credits
- **KIN 121:** The Healthy Lifestyle 3 credits
- **KIN 125:** First Aid and Personal Safety 3 credits
- **KIN 126:** Introduction to Athletic Training 3 credits
- **KIN 127:** Taping and Bracing in Athletic Training 1 credit
- **KIN 173:** Foundations of Kinesiology 3 credits
- **Electives:** 0-6 credits

*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)**

- **ISS 2XX:** 4 credits
- **IAH 201-210:** 4 credits
- **PSL 250:** Introductory Physiology 4 credits
- **KIN 251:** Principles of Human Movement 4 credits
- **KIN 216:** Applied Human Anatomy 3 credits
- **KIN 227:** Observations and Introduction to Clinical Skills in AT (Fall) 1 credit
- **KIN 227/228:** (Spring) 1.5 credits
- **KIN 250:** Measurement in Kinesiology 3 credits
- **KIN 320:** Pathology of Injury 3 credits
- **Electives:** 3-6 credits

*Any courses left from freshman year*

---

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

- **IAH 211-241:** 4 credits
- **ISS 3XX:** 4 credits
- **KIN 217:** Applied Human Anatomy Lab 1 credit
- **KIN 310:** Physiological Bases of Physical Activity 3 credits
- **KIN 360:** Physical Growth/Motor Behavior 3 credits
- **KIN 421:** Lower Evaluation of Injury 3 credits
- **KIN 422:** Advanced Rehab of Injury 3 credits
- **KIN 423:** Therapeutic Modalities 3 credits
- **KIN 427:** Clinical Rotation—Fall 1 1 credit
- **KIN 427:** Clinical Rotation—Spring 1 1 credit
- **Electives:** 3-6 credits

*Any courses left from previous years*

---

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

- **KIN 330:** Biomechanics of Physical Activity 3 credits
- **KIN 345:** Sport and Exercise Psychology (W) 3 credits
- **KIN 411:** Lab Experiences in Exercise Physiology 2 credits
- **KIN 425:** AT Organization/Administration 3 credits
- **KIN 426:** Upper Evaluation of Injury 3 credits
- **KIN 427:** Clinical Rotation—Fall 2 1 credit
- **KIN 427:** Clinical Rotation—Spring 2 1 credit
- **KIN 465:** Adaptive Physical Activity 3 credits
- **KIN 491:** Athletic Training Practicum 3 credits
- **Electives:** 3-9 credits

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

**NAME:**

**DATE:**

<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></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING (Apply AT by FEB 1st)</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 227</td>
<td>1</td>
<td>KIN 227</td>
</tr>
<tr>
<td>KIN 320 or SS</td>
<td>3</td>
<td>KIN 228 (if admitted)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 421</td>
<td>3</td>
<td>KIN 426</td>
</tr>
<tr>
<td>KIN 423</td>
<td>3</td>
<td>KIN 422</td>
</tr>
<tr>
<td>KIN 427</td>
<td>1</td>
<td>KIN 427</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 425</td>
<td>3</td>
<td>KIN 427</td>
</tr>
<tr>
<td>KIN 427</td>
<td>1</td>
<td>KIN 491</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
<td><strong>TOTAL CREDITS</strong></td>
</tr>
</tbody>
</table>

**TOTAL CREDITS TO GRADUATE:** 120/123

**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)
BUS 190 The Art of Starting (3)
CAS 114 Creativity & Entrepreneurship (3)
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 (4)
COM 275 Effects of Mass Communication (3)
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)
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 102 Dietary Supplements (3 - summer)
HNF 150 Introduction to Human Nutrition (3)
HNF 310 Nutrition in Medicine (3 - spring and summer - HNF 150 & PSL 250)
HNF 457 Sports & Cardiovascular Nutrition (3 - spring - HNF 150, PSL 250 & 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; not offered in 2017)
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)
MI 101 Understanding Media & Info (3)
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 280 Abnormal Psychology (3)
PSY 320 Health Psychology (3)
PSY 333 Neurobiology of Food Intake (3)
RAD 590 Independent Study in Radiology (Spartan Performance)
REL 185 Intro to Religion & Nonprofits (3)
SOC 100 Introduction to Sociology (4)
SOC 216 Sex and Gender (3)
SOC 241 Social Psychology (3)
SOC 316 Youth and Society (3)
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>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</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

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 Sonographer
- Emergency Medical Technician
- Genetics Counselor
- Medical Perfusionalist
- 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

### Business & Health Administration
- Customer Service Representative
- Donor Relations Director
- Health Administrator
- Health Information Manager
- Healthcare Recruiter
- Insurance Claims Specialist
- Medical Writer
- Pharmaceutical/Medical Sales Consultant

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

### 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

For more information contact the College of Education Career Consultant at COECareers@msu.edu or 517-353-9680.
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
- **It is your responsibility to find your KIN internship**
- Depending on your type of experience, 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](http://www.education.msu.edu/kin/undergrad/kinesiology/493Internship.asp)
- Examples include
  - State of Fitness
  - Spartan Performance
  - MSU Athletics
  - MSU Adaptive Sports and Recreation
  - Kinesiology undergraduate research
  - Local coaching opportunities

Degree Navigator

Students can track progress to degree using the Degree Navigator website: [https://degnav.msu.edu/index.asp](https://degnav.msu.edu/index.asp)

If you have any questions about Degree Navigator, please contact a KIN advisor.
Preparring for Graduation & Beyond

**Year 1**
- Job Shadow
- Join a Student Organization
- Get Involved in Research
- Explore KIN Careers
- Attend Making KIN-nections Event
- Register on Handshake

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

**Year 3**
- Choose Cognate
- 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 2021

Traverse City Central High School, Traverse City, MI
GPA: 3.5/4.0
June 2017

EXPERIENCE
MSU Recreational Sports & Fitness Services, East Lansing, MI
Student Assistant
August 2017-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 2011-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 2015-August 2017
- 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 2017-Present

Munson Medical Center, Physical Therapy Job Shadow
Fall 2016

Relay for Life, Volunteer & Participant
Spring 2016 & 2017

Varsity Track and Field Team, Athlete
Fall 2013-Fall 2017

High School Marching Band, Member
August 2015-June 2016

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 your College of Education Career Consultant at MSU joinhandshake.com
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 employers
- Find job and internship opportunities
- Search career resources

5 steps to get started with Handshake

Log in to Handshake. Go to MSU.joinhandshake.com and click on the ‘Sign up for an Account’ link to get started. Use your MSU NetID and password for future log ins.

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 by clicking on the Appointments tab in Handshake.

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 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
134 Erickson Hall
carls173@msu.edu
(517) 353-9680
CareerNetwork.msu.edu
Student Resources

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
  www.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
  careernetwork.msu.edu
- **KIN-nections**
  A website designed to help students contemplate 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
  www.counseling.msu.edu
- **Olin Health Center**
  Medical and Dental Care, East Circle Drive, 517-884-6546
  www.olin.msu.edu
Clubs and Organizations for KIN/AT Majors
http://studentlife.msu.edu/
http://msucostudentorgs.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

- **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/](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/](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/](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](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](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](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](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/](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](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/](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.
- 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. Top-10 programs in 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!
The Spartan Six – First Year Pathway Messages

1. Make Connections
   - Introduce yourself to each of your instructors and one other MSU staff member
   - Meet regularly with your instructors during their office hours
   - Keep your door open when you are in your residence hall room; introduce yourself to people on your floor
   - Ask for help if you need it
   - Check your MSU email regularly and respond to your messages
   - Sit next to different people in your classes

2. Stretch Yourself
   - Step outside your comfort zone; see suggestions below
   - Visit your academic advisor to talk about courses you are curious about
   - Join a campus group that you are interested in but not very familiar with
   - Participate in undergraduate research and an education abroad program
   - Become comfortable being a little uncomfortable
   - Introduce yourself to students whose home country is different than yours

3. Learn from Difference
   - Become an active listener and try to understand and appreciate the perspectives of others
   - Treat others with respect – whether you agree with their points of view or not
   - Introduce yourself and get to know people who have varying backgrounds, races, sexual orientations, ethnicities, abilities, political beliefs, home country, religions, and gender identities
   - Recognize that everyone judges, labels, stereotypes others; be empathetic and look beyond your biases
   - Ask yourself why you have certain biases
   - Go to an Office for International Students and Scholars (OISS) Coffee Hour and meet students from around the world

4. Fail Forward
   - Be willing to be wrong and be willing to learn from your mistakes
   - Push to persevere – not to be perfect
   - Don’t stress if you don’t do as well as you thought you would on a test or an assignment; be resiliant and bounce back
   - Think about failure as an opportunity to learn and move forward
   - Ask your instructors for help if you need it; go to their office hours; go to the math learning center, the writing center, the chemistry help room, the CSE help room, neighborhood study table events
   - Learn how to study effectively; attend the neighborhood student success series, including sessions such as “study skills for success”

5. Take Time to Reflect
   - Make time for you: read a book for pleasure, listen to music, take a walk around campus, watch Netflix; get enough sleep, exercise, keep a journal
   - Ask yourself “why” – “Why am I at MSU?” “Why am I majoring in this discipline?” “Why do I like certain courses?” “Why do I hang out with certain groups of people?”
   - Put fear aside and make changes if you are not happy
   - Ask yourself, “What do I want to learn?” and “Why do I want to learn this?”
   - Write and send a letter to a mentor, family member, friend during your first semester
   - Enroll in a Freshman Seminar

6. Discover Your Purpose
   - Discuss your career goals with your academic advisor and a career advisor
   - Visit the Career Services Network Office and find out what resources are available to you
   - Pull together pictures, photos, drawings, quotes that inspire you. Look for patterns
   - Don’t use your phone for an hour a day; instead talk to people face-to-face
   - Ask yourself frequently “What inspires me?” “What makes me feel genuinely happy?”
   - Do community service
   - Be patient; discovering your purpose requires time and persistence
Preparing for an Advising Appointment

A well-prepared student, just like a well-prepared advisor, can help the advising appointment run more efficiently.

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 Homepage.
➢ Follow the steps for creating an appointment. Make sure to fill out all of the information. You and your advisor will receive a confirmation email regarding the scheduled appointment.
➢ Mark your appointment down on your calendar and make sure you arrive on time!

Helpful tools

➢ Degnav.msu.edu
Degree navigator compares your academic record with requirements for your major as well as any other undergraduate degree.

➢ Schedule.msu.edu
Find important dates, plan out courses and more!

➢ Transfer.msu.edu
Identify transfer equivalencies. It is always a good idea to confirm these with your advisor.

➢ Education.msu.edu
Search “Advising Guide” to find our Kinesiology and Athletic Training Academic Advising Guide. The Guide includes four-year plans, research opportunities and more!

➢ KIN-NECTIONS
Helpful information and links for Kinesiology and Athletic Training Majors.

How to prepare for your appointment

➢ Review degree and university requirements.
➢ Research career goals.
➢ Familiarize yourself with schedule builder and take note of important dates. Start planning your classes in Schedule Builder – schedule.msu.edu.
➢ Make a list of questions.

What to Bring

➢ Forms that you may need signed.
➢ A list of prepared questions.
➢ If you plan on discussing future class schedules, bring a tentative plan of the classes you would like to take.
➢ Bring the “Advising Guide” you received at AOP!

After your appointment

➢ Keep a folder or a notebook with information from your advising appointment, it may come in handy in the future. It may also be helpful to bring this with you to future appointments.
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
dumont@msu.edu
Michael Zaborowski
zaborowski@msu.edu
Janet Chegwidden
chegwidden@msu.edu
Joella Cogan
coganj@msu.edu

Social Media
MSUCollegeofED
@MSU_COEAdvisors
@msucollegeofed
msucollegeofed

College of Education
Michigan State University

Kinesiology Advisors
Amy Tratt
tratt@msu.edu
Becky Olsen
beckyo@msu.edu
Mike Haslett
haslett3@msu.edu
Jennifer Watson
watson|4@msu.edu

Career Advisor
Pepa Casselman
carlis173@msu.edu

https://msu.joinhandshake.com/