



College of Education
MICHIGAN STATE UNIVERSITY

2018-19 ACADEMIC ADVISING GUIDE
KINESIOLOGY



Welcome to AOP!



Dear Spartans,

Welcome to Michigan State University's Academic Orientation Program (AOP), and specifically, welcome to the College of Education! The purpose of this guide is to not only help you through today, but to assist you during your entire undergraduate experience. It is ultimately your responsibility to know your degree requirements during your time at MSU. Therefore, we ask you to utilize tools like this guide, the college websites, academic advising and University resources to become an expert in your major. After all, it is YOUR JOURNEY! Make the most of it!

As a Kinesiology major, you are joining a community of faculty, staff and students who are committed to sharing knowledge, creating solutions, pursuing research and inspiring leadership in the fields of health, wellness, sport, movement and exercise physiology. We encourage you to explore your opportunities, cultivate your mentors and find your passion throughout your time at MSU.

Our challenge is to provide you with information, support and guidance toward degree completion and a rewarding career in this field. Your challenge is to take full advantage of all the College and University have to offer – from advising to career exploration; from research to internships; from student organizations to Education Abroad. The responsibility is yours. The possibilities are limitless. And it begins with AOP!

We are very pleased that you have joined the Spartan family. We look forward to collaborating with you in determining and reaching your academic, career, and life goals! GO GREEN!

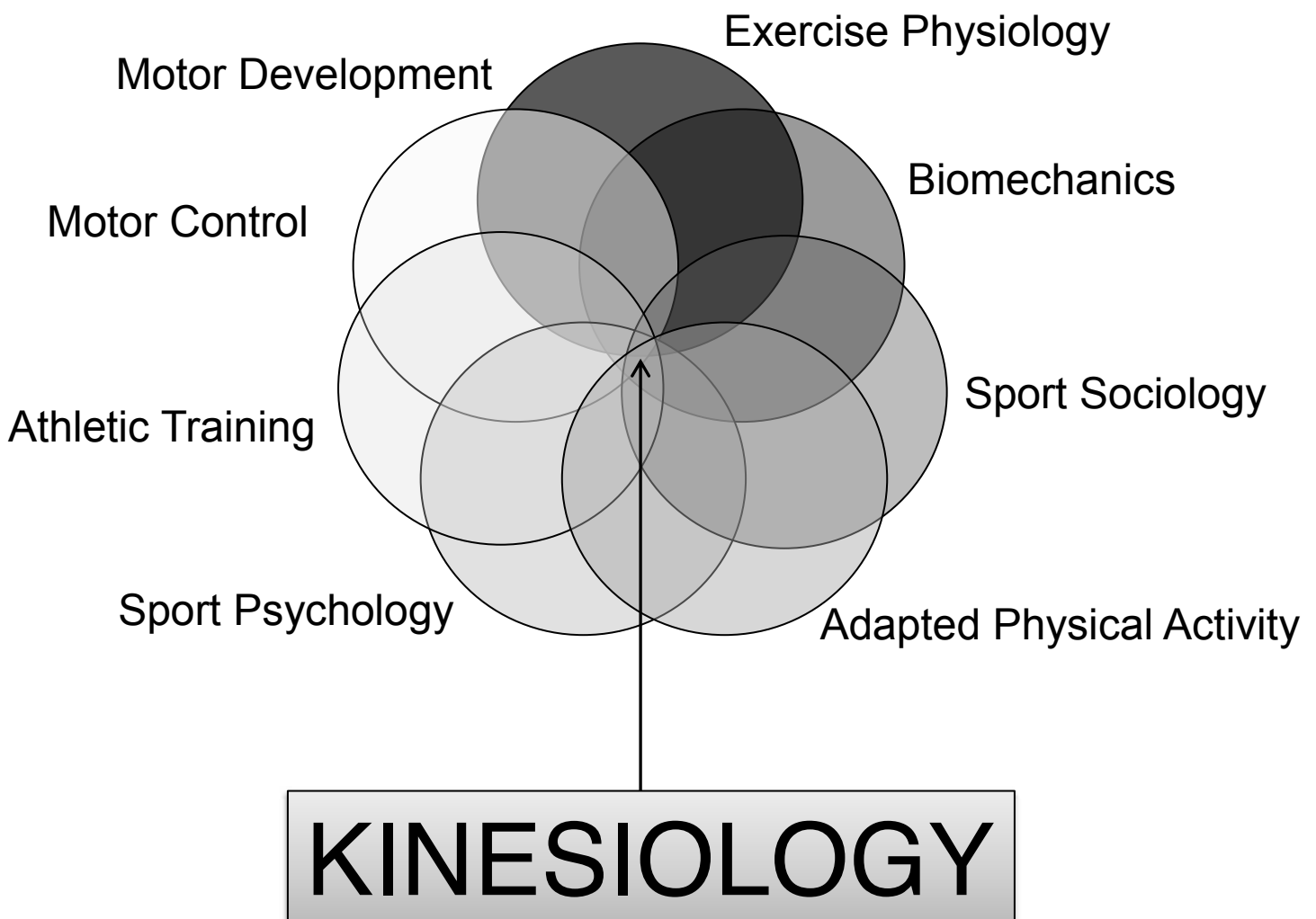
Sincerely,
The Kinesiology Advising Team

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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.



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

KINESIOLOGY DEPARTMENT COGNATES

ATHLETIC INJURY AND THERAPY

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

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

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

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

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

ATHLETIC ADMINISTRATION **

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

** The Minor in Sport Business Management is an approved substitution for this cognate

KINESIOLOGY DEPARTMENT MINORS

HEALTH PROMOTION (18 credits)

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

and

Elective credits from approved list – 9

See College website:

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

COACHING (22-25 credits)

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

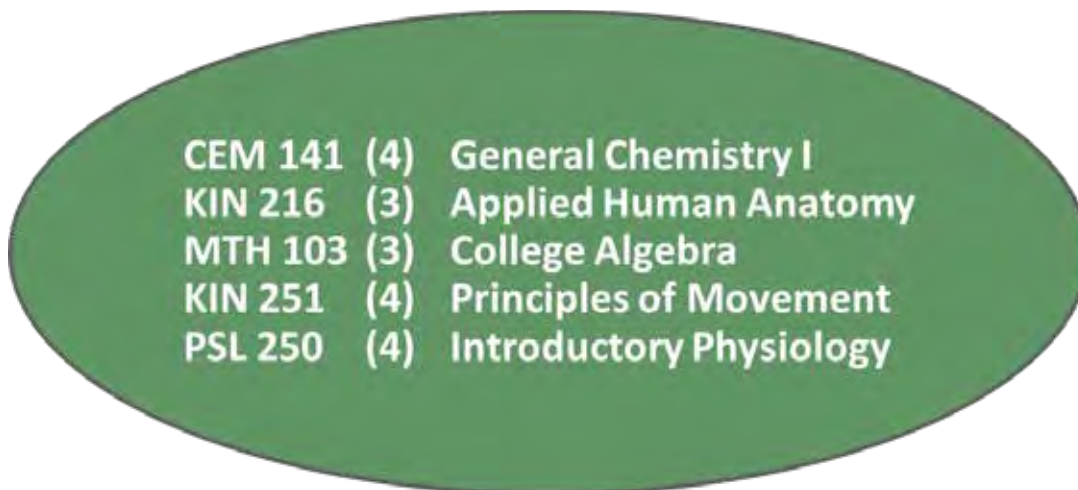
See College website:

<http://www.education.msu.edu/academics/undergraduate/kinesiology/coaching.asp>

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

Math/Science Core Admission Requirement for KIN

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



Degree Summary and Credits

Kinesiology Majors	
University GEN ED Requirements	36
Kinesiology Courses	27
Cognate Requirement	12
Elective Courses	45
CREDITS REQUIRED FOR GRADUATION	120

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

University Requirements

Writing, Rhetoric & American Culture (WRA)

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

WRA 101 (4 credits)

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

Integrative Studies in Arts and Humanities (IAH)

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

IAH 201-210 (4 credits)

IAH 211 and higher (4 credits)

Integrative Studies in Social Science (ISS)

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

ISS 200-level (4 credits)

ISS 300-level (4 credits)

University Diversity Requirement

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

Mathematics Requirement

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

MTH 103 (or MTH 103A + 103B) + MTH 114

MTH 103 (or MTH 103A + 103B) + MTH 124

MTH 103 (or MTH 103A + 103B) + STT 2XX

MTH 116 or MTH 124 or MTH 132

MTH 103A + MTH 103B can substitute for MTH 103. MTH 103A is graded as P/F. Both classes must be passed to count as MTH 103.

Science Requirements

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

ISB = Physiology: PSL 250 (4 credits)

ISP = Chemistry: CEM 141 (4 credits)

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

HONORS COLLEGE STUDENTS

MSU Honors College students may take alternate courses to satisfy University Requirements:

- 1 course in introductory writing
- 2 courses in the area of the arts and humanities
- 2 courses in the area of the social sciences
- 2 courses in the area of the natural sciences

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

Kinesiology Internship Opportunities

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

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

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

Degree Navigator

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

Orientation Enrollment Worksheet

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

Hometown:

Favorite high school classes:

1)

2)

3)

Most Challenging High School Class:

AP/Dual Enrollment/Transfer Credits Expected:

Check any of the following that apply:

Honors College Academic Scholars ROTC Student-Athlete: Sport _____

Why did you pick this major?

Please circle electives of interest from the Suggested Electives Pages

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

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

Fall	Credits	Spring	Credits
Total Credits		Total Credits	

Questions for your KIN Advisor:

Suggested Elective Courses for Kinesiology Majors

All Students

ADV 205	Principles of Advertising (3)	HDFS 212	Children, Youth and Family (3)
ADV 260	Principles of Public Relations (3)	HDFS 225	Lifespan Human Development in the Family (3)
ANP 200	Navigating Another Culture (2)	HDFS 238	Personal Finance (3)
ANP 270	Women & Health Perspectives (3, fall and summer)	HM 101	Introduction to Public Health (3)
BUS 190	The Art of Starting (3)	HNF 101	Personal Nutrition and Health (3, summer)
CAS 114	Creativity & Entrepreneurship (3)	HNF 102	Dietary Supplements (3, summer)
CEP 240	Diverse Learners in a Multicultural Perspect (3)	HNF 150	Introduction to Human Nutrition (3)
CEP 260	Dynamics of Personal Adjustment (3)	HRLR 212	Career Management (3, summer)
CEP 261	Substance Abuse (3)	HST 220	History of Food and Alcohol (3, spring)
COM 100	Human Communication (3)	JRN 108	The World of Media (3)
COM 225	Interpersonal Communication (3)	JRN 218	Sports in Contemporary Media (3)
COM 240	Introduction to Organizational Comm (4)	KIN 125	First Aid & Personal Safety (3)
COM 275	Effects of Mass Communication (3)	KIN 1XX	Kinesiology Activity classes (1) <i>Check schedule for semester options</i>
CSD 203	Intro to Communicative Sciences (3)	LB 240	Bioethics: Theories & Methods (2, summer & fall)
CSS 120	Issues in Food & Agriculture (3, fall)	LB 270	Medical Terminology (2, summer)
CSS 202	World of Turf (2)	MI 101	Understanding Media & Info (3)
CSS 222	New Horizons in Biotechnology (2, fall)	PSY 101	Introductory Psychology (4)
CSUS 273	Introduction to Travel & Tourism (3)	PSY 244	Developmental Psychology: Infancy through Childhood (3) <i>P: PSY101</i>
EAD 315	Student Leadership (3, pass/fail)	RAD 590	Independent Study in Radiology (Spartan Performance)
EPI 200	Multi-disciplinary Approach to Global Public Health & Epidemiology (3, fall) <i>Dept approval</i>	REL 185	Intro to Religion & Nonprofits (3)
FL	Foreign Language <i>Check schedule for semester options</i>	SOC 100	Introduction to Sociology (4)
GEO 214	Geography of Drugs (3, fall)	SOC 131	Social Problems (3, fall)
GEO 215	Sports Geography (3, fall odd years)	SOC 216	Sex and Gender (3)
GEO 235	Geography Environment & Health (3, spring)	SOC 241	Social Psychology (3)
HB 100	Intro to Hospitality Business (2)	TE 250	Human Diversity, Power, and Opportunity in Social Institutions (3)
HB 105	Service Management Principles (2) <i>Rec. HB 100</i>	UGS 1xx	<i>Check schedule for semester options</i>
HDFS 145	Individual Couples & Families (3)		
HDFS 211	Child Growth & Development (3)		

Juniors and Seniors Only

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

Juniors and Seniors Continued

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

Suggested Electives for Students Interested in Sports Administration/Sport Management

ACC 201	Principles of Financial Acct (3) <i>P: CSE 101</i>	HRLR 311	Applied Org Leadership (3) <i>P: HRLR 211</i>
ACC 202	Principles of Management Accounting (3)	ISS 215	Social Differentiation and Inequality (4)
ACC 230	Survey of Accounting Concepts (3)	ISS 328	Social Science of Sport (4 – fall and summer) <i>P: ISS 2XX</i>
ADV 205	Principles of Advertising (3)	JRN 108	Introduction to Mass Media (3)
ADV 225	Writing for Public Relations (3, requires restriction override)	JRN 200	Writing and Reporting News I (3) <i>P: WRA 101 and approval of school</i>
ADV 260	Principles of Public Relations (3)	JRN 218	Sports in Contemporary Media (3) <i>P: WRA 101</i>
BUS 291	Introduction to Business (3)	JRN 417	Sports Reporting II (3) <i>P: JRN 200 and JRN 218</i>
CAS 114	Creativity & Entrepreneurship (3)	KIN 345	Sports & Exercise Psychology (3)
CSE 101	Computing Concepts and Competencies (3)	KIN 401	Principles of Coaching II (4 – juniors & seniors)
COM 100	Human Communication (3)	KIN 490	Independent Study (1-4, see KIN advisor)
COM 225	Introduction to Interpersonal Comm (3)	KIN 494	Fieldwork (1-4, see KIN advisor)
COM 240	Introduction to Organizational Comm (4)	MGT 325	Management Skills & Processes (3 – juniors & seniors)
COM 275	Effects of Mass Communication (3)	MGT 479	Sports Business Management (3, need to request override from Business College)
COM 300	Methods of Communication Inquiry (4) <i>P: MTH 103 or higher</i>	MI 101	Understanding Media in the Info Age (3)
COM 325	Interpersonal Influence & Conflict (3) <i>P: COM 300 or MKT 313</i>	MI 201	Intro to Media and Info Tech (3) <i>P: MI 101</i>
COM 340	Leadership & Group Communication (3) <i>P: COM 300 or MKT 313</i>	MI 301	Bringing Media to Market (3 – spring and summer) <i>P: MI 201 or CAS 114 or BUS 190</i>
COM 399	Special Topics in Communication (3, may require an override, see KIN advisor) <i>P: COM 300</i>	MKT 327	Intro to Marketing (3 - juniors & seniors)
EAD 315	Student Leadership Training (3 – pass/fail)	PHL 345	Business Ethics (4 – fall – juniors & seniors)
EC 201	Introduction to Microeconomics (3)	PSY 255	Industrial and Organizational Psych (3 – spring and summer) <i>P: PSY 101</i>
EC 202	Introduction to Macroeconomics (3)		
EC 370	Economics of Sport (3 – summer) <i>P: EC 201</i>		
GEO 215	Sports Geography (3 – fall odd years)		
HB 420	The Business of Golf (3, juniors & seniors)		
HST 324	History of Sport in America (3 – spring and summer)		
HST 329	College Sports in the United States (3 – fall and summer)		
HRLR 201	Human Capital and Society (3)		
HRLR 211	Intro to Organizational Leadership (3)		

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

Kinesiology Academic Four-Year Plan

Use this page as a guide, not a rigid plan. Meet with an academic advisor often!

FRESHMAN YEAR: Fall Semester through Summer Semester (28 credits by end of Summer Semester)

WRA 101	(4)
MTH XXX: See University Requirements Page for Options	(3-6)
ISS 2XX: See Schedule of Courses for Options	(4)
CEM 141 & 161: General Chemistry (4) and Lab 1 (1)	(5)
KIN 121: The Healthy Lifestyle	(3)
KIN 173: Foundations of Kinesiology	(3)
Electives*	(3-9)

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

IAH 201-210: See Schedule of Courses for Options	(4)
ISS 3XX: See Schedule of Courses for Options	(4)
PSL 250: Introductory Physiology	(4)
KIN 216: Applied Human Anatomy	(3)
KIN 251: Principles of Human Movement	(4)
Electives or Courses Left from Previous Year *	(9-12)

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

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

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

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

***See suggested electives page or list on KIN website under Student Resources. Elective courses can also be used for minor completion or Pre-Professional graduate school preparation.**

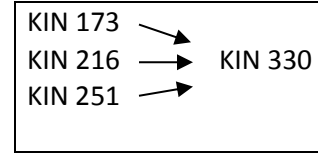
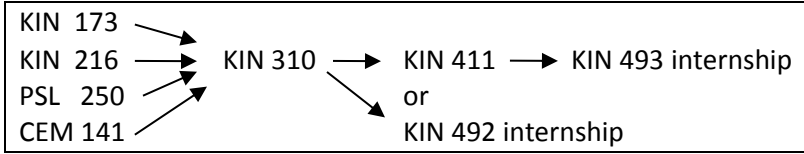
KINESIOLOGY COURSE PLANNING TOOL

COGNATE: _____

NAME _____

DATE _____

PRE-REQS:



FALL	CR	SPRING	CR	SUMMER	CR
TOTAL CREDITS		TOTAL CREDITS		TOTAL CREDITS	

FALL	CR	SPRING	CR	SUMMER	CR
TOTAL CREDITS		TOTAL CREDITS		TOTAL CREDITS	

FALL	CR	SPRING	CR	SUMMER	CR
TOTAL CREDITS		TOTAL CREDITS		TOTAL CREDITS	

FALL	CR	SPRING	CR	SUMMER	CR
TOTAL CREDITS		TOTAL CREDITS		TOTAL CREDITS	

TOTAL CREDITS TO GRADUATE: 120

IMPORTANT: THIS SCHEDULE IS A STUDENT TOOL/GUIDE, NOT A RIGID PLAN!

STUDENTS ARE RESPONSIBLE FOR KNOWING UNIVERSITY, COLLEGE, DEPARTMENT AND GRAD SCHOOL REQUIREMENTS.

Ideas for Exploring, Discovering and Connecting at MSU

YEAR 1	YEAR 2	YEAR 3	YEAR 4
<p>Start exploring your options.</p> <p>ACADEMIC SUCCESS</p> <ul style="list-style-type: none"> • Get to know your academic advisor • Meet with peer advisor or success coach • Review AOP Advising Guide • Develop time management strategies • Seek help from instructors, TAs, and Help Rooms <p>CAREER EXPLORATION</p> <ul style="list-style-type: none"> • Get to know your career advisors • Register on Handshake • Explore career paths for your major online • Attend a career exposure event such as Making KIN-nections <p>COMMUNITY ENGAGEMENT</p> <ul style="list-style-type: none"> • Attend a One Book, One Community event • Check out MSU's Outreach and Engagement website • Explore community events <p>GLOBAL/CULTURAL AWARENESS</p> <ul style="list-style-type: none"> • Attend the Education Abroad Fair • Attend an MRULE discussion in your residence hall • Get to know your Intercultural Aide <p>LEADERSHIP & INVOLVEMENT</p> <ul style="list-style-type: none"> • Discover student organizations at College Colloquium or Sparticulation and attend a meeting • Explore undergrad research at MSU • Attend a floor event in your hall 	<p>Chart your path.</p> <p>ACADEMIC SUCCESS</p> <ul style="list-style-type: none"> • Set goals with academic advisor • Introduce yourself to a faculty member during office hours • Discuss study strategies with academic peer advisors • Investigate elective and minor options <p>CAREER EXPLORATION</p> <ul style="list-style-type: none"> • Create/update resume and meet with a career peer advisor to discuss it • Find an opportunity to job shadow • Use Handshake to discover a career event or on-campus opportunity <p>COMMUNITY ENGAGEMENT</p> <ul style="list-style-type: none"> • Volunteer through MSU Service-Learning • See what's happening at the Rock • Check out MSU's Outreach & Engagement website <p>GLOBAL/CULTURAL AWARENESS</p> <ul style="list-style-type: none"> • Explore COE Education Abroad options • Attend an OISS event or College of Education international breakfast • Go to an OCAT event that celebrates a different culture <p>LEADERSHIP & INVOLVEMENT</p> <ul style="list-style-type: none"> • Become active within student organizations • Attend an undergrad research workshop • Become a tutor or mentor 	<p>Make the most of your opportunities.</p> <p>ACADEMIC SUCCESS</p> <ul style="list-style-type: none"> • Plan for degree completion with academic advisor • Use Degree Navigator to track progress • Form a study group with peers <p>CAREER EXPLORATION</p> <ul style="list-style-type: none"> • Explore internship options • Attend a career fair or networking event related to major or career interest • Discuss post-graduation plans with career advisor • Engage with an alum from your major <p>COMMUNITY ENGAGEMENT</p> <ul style="list-style-type: none"> • Volunteer as a tutor with the Read to Succeed program • Consider an alternative spring break • Advocate for a cause you believe in <p>GLOBAL/CULTURAL AWARENESS</p> <ul style="list-style-type: none"> • Study Abroad or Study Away • Attend the Learning Abroad Conference • Have lunch with a peer from another culture <p>LEADERSHIP & INVOLVEMENT</p> <ul style="list-style-type: none"> • Take on student org leadership • Volunteer with a faculty members research • Take on leadership roles within your work and/or academic space 	<p>Make lasting connections for your future.</p> <p>ACADEMIC SUCCESS</p> <ul style="list-style-type: none"> • Meet with advisor for grad check • Plan for life after MSU • Review progress toward TE Internship or grad school admission • Apply for graduation the semester before commencement <p>CAREER EXPLORATION</p> <ul style="list-style-type: none"> • Seek job options or graduate schools that meet your career goals • Network at career fairs and conferences • Participate in mock interviews • Finalize resume, cover letter, references • Stay in touch through Destination Survey <p>COMMUNITY ENGAGEMENT</p> <ul style="list-style-type: none"> • Focus on building community to support life after MSU • Connect with MSU Alumni groups in your future geographic region <p>GLOBAL/CULTURAL AWARENESS</p> <ul style="list-style-type: none"> • Reflect on your global and cultural experiences & learn to articulate them • Volunteer with OISS • Present at Learning Abroad Conference <p>LEADERSHIP & INVOLVEMENT</p> <ul style="list-style-type: none"> • Serve on a student panel for the college • Attend a professional organization conference • Present research at UURAF

Career Opportunities in Kinesiology

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

Allied Health & Medicine

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

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
- Product Development/Distribution Rep.

Education & Research

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

Fitness Leadership

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

Rehabilitation

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

Health Promotion

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

Public Service

- Behavioral Specialist
- Case Manager
- Nonprofit Program Coordinator
- Social Worker

Recreation & Leisure

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

Sports & Athletic Administration

- Athletic Director
- Coach
- Community Relations Mgr.
- Development Director
- Event Planner
- Equipment Manager
- Facility Manager
- Marketing & Promotions Manager
- Media Relations Director
- Scout/Player Personnel
- Sport Operations Manager
- Sports Attorney/Agent
- Sports Official
- Sports Psychologist
- Ticket Sales Representative



handshake

What is Handshake?

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

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

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

5 steps to get started with Handshake

Log in to Handshake. Go to [MSU.joinhandshake.com](https://msu.joinhandshake.com) and use your MSU NetID and password to log in to Handshake.

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

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

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

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

We're Here to Help!

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

College of Education



Pepa Casselman



134 Erickson Hall



carls173@msu.edu



(517) 353-9680

CareerNetwork.msu.edu

Kinesiology Student

studentki@msu.edu

231-555-5555

Include your intended major and cognates/specializations once you decide your focus. Not sure what to pick? Don't worry; there is plenty of time to explore.

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

May 2022

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

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

June 2018

EXPERIENCE

MSU Recreational Sports & Fitness Services, East Lansing, MI
Student Assistant

August 2018-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.

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

Boy Scouts of America, Traverse City, MI
Eagle Scout

June 2012-Present

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

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

Grand Traverse Bay YMCA, Traverse City, MI
Pee Wee Sports Instructor

April 2016-August 2018

- 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*
Munson Medical Center, *Physical Therapy Job Shadow*
Relay for Life, *Volunteer & Participant*
Varsity Track and Field Team, *Athlete*
High School Marching Band, *Member*

September 2018-Present

Fall 2017

Spring 2017 & 2018

Fall 2015-Fall 2018

August 2016-June 2017

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

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

Need more help with your resume? Make an appointment with a career advisor in the College of Education at [MSU.joinhandshake.com](https://msu.joinhandshake.com).

Tips for Success from MSU Students to MSU Students

College can be a big and scary place if you do not know what to expect. We asked students who have been there to share some great inside information. Read on!

Go to class!

When you feel the urge to skip class, remember missed material is impossible to get back. Borrowing another student's notes doesn't replace your understanding of what was discussed in class. For the next four years, taking classes is like a full-time job so plan to show up every day!

Don't just memorize. Learn, process, relate and APPLY.

What separates memorization from learning is a sense of meaning. When you just memorize a fact, it's arbitrary, interchangeable and sometimes, meaningless. You need to understand the context of what you are learning, especially since it will apply to other classes you take at MSU. Successful mastery of the KIN 173 Foundations of Kinesiology course material, for example, will definitely lead to successful understanding of your Anatomy and Physiology classes next year!

Your instructors are there for you.

Get to know your course instructors and TAs. Ask questions in class if you aren't sure about the material. Taking advantage of instructor office hours can give you important insight, clarify information and enhance performance on tests. Your instructors are there to help.

Meet with an academic advisor at least once a semester.

Academic advisors can keep you on track with your degree requirements, ensure that your semester loads are balanced, explore KIN career paths, and much more. Come see us! Take advantage of our great Peer Advisors, too. They have been where you are!

Develop good study habits.

Research proves that cramming is not conducive to effective learning and test taking. It takes the human brain time to form long-term memories. If you prepare ahead of time and then review material and class notes each week, you will perform better on exams. Check out good strategies on the KIN website under Resources for Students!

Keep Academic Integrity.

One paper or exam grade is not worth the possibility of getting expelled from MSU, or not getting into graduate school because of plagiarism or cheating.

MSU is a great place to meet other students.

- Attend athletic events. Having top-10 programs in both basketball and football is a true rarity. Enjoy the Spartan Spirit!
- Explore student organizations/clubs on campus and attend special events. Studies show that student involvement leads to student success.
- Be open minded; you will meet lots of new people at MSU and you never know what each person has to offer.
- Explore things that interest you; college is about growing and learning about yourself.
- You're at a wonderful place. Maximize your experience and enjoy!

Preparing for an Academic Advising Appointment

How to Make an Appointment

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

How to Prepare for Your Appointment

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

What to Bring

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

After Your Appointment

- Keep this Academic Advising Guide for future reference
- Keep a folder or a notebook with information from your advising appointment - it may come in handy in the future

Student Resources

COLLEGE OF EDUCATION

- College Website <http://education.msu.edu>
- Advisors/Appointments <http://education.msu.edu/academics/undergraduate/advisors.asp>
- Kinesiology Undergraduate Website <http://www.education.msu.edu/kin/undergraduate/kinesiology/>
Admission and Degree requirements, resources for students, KINternship information
- KINnections <http://edwp.educ.msu.edu/kin-nections/>
Advisor blog, news and information for KIN majors

ACADEMIC SUPPORT AND ENGAGEMENT

- Academic Programs Catalog <https://reg.msu.edu/AcademicPrograms/>
Listing of University policies and academic programs and their requirements:
- Neighborhood Student Success Collaborative <http://nssc.msu.edu>
Access point to academic support and tutoring resources, transition to college programs
- TRIO Student Support Services <http://oss.msu.edu/>
For students accepted in the TRIO Program: 209 Bessey Hall, 517-353-5210
- Resource Center for Persons with Disabilities <https://www.rcpd.msu.edu/>
For students with documented disabilities: 120 Bessey Hall, 517-884-7273
- Writing Center <http://writing.msu.edu>
Assistance and workshops, 300 Bessey Hall, 517-432-3610

CAREERS

- Kinesiology Careers Consultant <http://www.education.msu.edu/resources/students/career-services.asp>
KIN Career Exploration, skill development, resume writing/review and more! 134 Erickson Hall
- Career Services Network <http://careernetwork.msu.edu/>
Career advising, preparation: 556 Student Services Building, 517-355-9510

FINANCIAL AID

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

VOLUNTEER OPPORTUNITIES

- Center for Service Learning and Civic Engagement <http://www.servicelearning.msu.edu/>
Outreach and community engagement opportunities: 27 Student Services Building, 517-353-4400

COUNSELING & HEALTH

- MSU Counseling and Psychiatric Services <https://caps.msu.edu/>
Emergency and ongoing student support: Olin Health Center – 3rd Floor, 517-355-8270
- Olin Health Center <http://www.olin.msu.edu/>
Medical care, health promotion, pharmacy services: East Circle Drive, 517-884-6546
Neighborhood health clinics are also located in Brody, Holden, Hubbard and McDonel halls

Clubs/Organizations for KIN Majors

<http://studentlife.msu.edu/>

Adaptive Sports and Recreation Club provides students opportunities to promote the health, social, and psychological benefits of physical activity for individuals with physical disabilities, through group and one-on-one athlete interaction. <http://recsports.msu.edu/Fitness/adaptive/index.html>

Alternative Spartan Breaks offers a variety of weekend, winter and spring break trips throughout the US and beyond, matching students to opportunities for community service/education, as well as exploration of cultural diversity and social justice issues. <http://asb.msu.edu/>

Athletic Training Club focuses on educational, outreach, and social activities for students interested in Athletic Training. <http://athletictraining.msu.edu/index.html> Click on "AT CLUB" tab.

Education Abroad offers over 275 programs in more than 60 countries around the world. Check out KIN-specific programs in Australia, Ghana and Tanzania! <http://educationabroad.isp.msu.edu/>

Future Leaders in Sports & Entertainment (FLISE) provides MSU students with the opportunity to meet with and learn from successful industry professionals in sports and entertainment. <https://msuflise.com/>

MSU Recreational Sports and Fitness Services promotes healthy lifestyles for students, faculty and staff through sport, fitness and recreational activities, including Intramural and Club Sports. <http://www.recports.msu.edu/about/index.html>

Phi-Epsilon Kappa (PEK) is a national professional society for students interested in Kinesiology fields. The MSU chapter conducts educational and social events and contributes to service activities on campus and in the greater Lansing area. <https://www.facebook.com/groups/MSUpek/>

Pre-Chiropractic Association offers education, professional interaction, graduate school information and social events for students interested in the field of Chiropractic medicine. <https://www.facebook.com/groups/msupca/>

Pre-Medical Association at MSU provides undergraduates with opportunities and information needed to be successful medical school applicants. <https://www.facebook.com/groups/MSUPMA/>

Pre-Physical & Occupational Therapy Association (PPOTA) provides undergraduates with information needed to be successful PT or OT graduate program applicants, as well as opportunities for community service and social interaction. <https://www.facebook.com/groups/189846831981/>

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/>

Spartan Performance, in collaboration with MSU [SportsMEDICINE](#) and [Rehabilitation Medicine](#), employs student interns who assist in providing an integrated, holistic approach to the care and training of high school and college athletes. <http://spartanperformance.msu.edu/>

KIN Research Opportunities

Center for Physical Activity and Health (CPAH) partners with businesses, organizations, and industries to help develop policy initiatives related to promoting a healthier lifestyle.

<http://education.msu.edu/kin/cpah/>

Health Behaviors and Cognition Laboratory (HBCL) engages in highly interdisciplinary research, drawing heavily from the domains of kinesiology, cognitive psychology, and neuroscience.

<http://education.msu.edu/kin/hbcl/>

Human Energy Research Laboratory (HERL) investigates the anatomical and physiological effects of physical activity of various types, intensity and duration, with the primary goal of enhancing human health and wellness. <http://education.msu.edu/kin/cpah/research/default2.asp#herl>

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

Motor Learning and Rehabilitation Engineering Laboratory (MOTRE) focuses to understand the fundamental questions of skilled and coordinated motor learning, especially in the context of the rehabilitation of movement disorders. <https://sites.google.com/site/motrelab/home>

Motor Neuroscience Laboratory (MNL) uses behavioral and neurophysiological research techniques to address questions about brain mechanisms underlying human motor control.

Physical Activity in Youth with Disabilities (PLAY'd) Lab focuses on the health and development of typically developing children and children with Down syndrome and Autism Spectrum Disorder. Research and understanding of how the promotion of physical activity in early life influences body composition and motor skill development throughout childhood. <http://education.msu.edu/kin/playdlab/>

Sensorimotor Development Lab (SDLab) focuses on motor development throughout the lifespan, specifically in the context of how infants and young children learn to interact with the surrounding environment and how new behaviors and movement patterns emerge out of previous ones.

<http://education.msu.edu/kin/research/sdlab/index.html>

Social & Motivational Processes in Physical Activity Lab (SiMPL) targets social and motivational processes within sport, physical education, and other youth physical activity contexts. Explores how physical activity contributes to psychological and social development as well as how to promote physical activity behavior in youth. <http://www.education.msu.edu/kin/research/SiMPL/index.html>

Spartan Motorsport Performance Lab pioneers research in professional motorsports, working with leading drivers, teams and organizations through several concurrent studies. <http://education.msu.edu/kin/smpl/>

Sports Injury Research Laboratory (SIRL) focuses in the areas of knee joint injury and sport related concussion. <http://education.msu.edu/kin/sirl/>

Sports Skills Program (SSP) provides students with an opportunity to facilitate sports skills development in children and adults with disabilities. Students enroll in KIN 465, Adapted Physical Activity.

<http://education.msu.edu/kin/research/ssp.asp>

Exergames Research Lab (XRL) is dedicated to improving the way people exercise by leveraging the potential of exergames (exercise video games) and group dynamics theories to enhance motivation during activity. <http://education.msu.edu/kin/xrl/>

For additional information on research opportunities in Kinesiology, the College of Education and as the University level, please refer to the "Resources for Students" tab on the Kinesiology Undergraduate Website. <http://www.education.msu.edu/kin/undergraduate/kinesiology/resources/#research-opportunities>



KIN-NECTIONS

NEWS AND INFORMATION FOR **KINESIOLOGY MAJORS**



STAY INFORMED

ACCESS ACADEMIC REMINDERS, COLLEGE ANNOUNCEMENTS, AND CAREER INFORMATION AT YOUR FINGERTIPS.

SUBSCRIBE

1

STAY INFORMED BY SUBSCRIBING USING YOUR MSU EMAIL AT EDWP.EDUC.MSU.EDU/KIN-NECTIONS

2

VERIFY THAT YOU ARE NOT A ROBOT IN THE POP-UP SCREEN

3

CONFIRM SUBSCRIPTION BY CHECKING YOUR MSU EMAIL AND CLICKING ON THE LINK PROVIDED IN THE MESSAGE

EDWP.EDUC.MSU.EDU/KIN-NECTIONS

PLUG INTO OUR
COMMUNITY @

msucollegeofed



#MSUed

#MSUkin

[EDUCATION.MSU.EDU/CONNECT](https://education.msu.edu/connect)

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