Welcome from the Department of Kinesiology

Dear Students,

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

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

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

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

Sincerely,
The Department of Kinesiology Advising Team

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**What is Kinesiology?**

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

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**B.S. in Kinesiology leads to...**

**Careers in...**

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

**Graduate Study/Research in...**

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

...and more!
What is Athletic Training?

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

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

- High School Teams
- College/Professional Teams
- Patients in a Clinical Setting
- Industry
- NASA
- The US Military
- Disney
- Research and Teaching
- Theater and Performance
...and more!
# Kinesiology Major Course Record

Name: ___________________________ Date Entered MSU: __________________

PID: ____________________________ Transfer Student? ______________________

Career Interest/Cognate or Minor: ________________________________________

## MSU University Requirements – Apply to all MSU Majors

<table>
<thead>
<tr>
<th>Requirement</th>
<th>CR</th>
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<tbody>
<tr>
<td>WRA – Writing, Rhetoric, and American Cultures. (4 Cr)</td>
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<td><strong>TIER 1 – FRESHMAN WRITING.</strong> Minimum GPA 2.0</td>
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<tr>
<td>WRA 110 – 150</td>
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<td>or WRA 195H or alternate</td>
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<td>MTH – MATHEMATICS (3-6 Cr)</td>
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<td>Minimum: MTH 103 and MTH 114 or MTH 124 or STT 200/201</td>
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<tr>
<td><strong>MTH 103 College Algebra and/or</strong></td>
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<tr>
<td><strong>MTH 1825 Intermediate Algebra</strong></td>
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<td>3-5</td>
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<td>IAH – ARTS/HUMANITIES (8 Cr)</td>
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<td>IAH 201-210 I / N / D</td>
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<td>IAH 211 and higher I / N / D</td>
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<tr>
<td>GENERAL SCIENCE (13 Cr)</td>
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<tr>
<td><strong>PSL 250 Intro Physiology</strong></td>
<td>4</td>
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<td><strong>CEM 141 General Chemistry 1</strong></td>
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<td>ISS 300-level I / N / D</td>
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<tr>
<td>CEM 161 Chemistry Lab 1</td>
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<td><strong>CEM 161 Chemistry Lab 1</strong></td>
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<td><strong>CEM 161 Chemistry Lab 1</strong></td>
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<td><strong>PHYS 351 Intro Physics Lab</strong></td>
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<td><strong>PHYS 351 Intro Physics Lab</strong></td>
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## KIN Core Courses – 27 Credits

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>KIN 121 The Healthy Lifestyle</td>
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<tr>
<td>KIN 173 Foundations of Kinesiology</td>
<td>3</td>
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<tr>
<td><strong>KIN 216 Applied Human Anatomy</strong></td>
<td>3</td>
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<tr>
<td>KIN 250 Measurement in Kinesiology</td>
<td>3</td>
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<tr>
<td>KIN 310 Physiological Bases of Physical Activity (P: KIN173, KIN216, CEM141, PSL250)</td>
<td>3</td>
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<tr>
<td>KIN 330 Biomechanics of Physical Activity (P: KIN173, KIN216, PHY231)</td>
<td>3</td>
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<tr>
<td>KIN 345 Sport and Exercise Psychology (W) OR KIN 445 Sociocultural Analysis (W) (P: KIN173)</td>
<td>3</td>
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<tr>
<td>KIN 360 Physical Growth/Motor Behavior OR KIN 365 Sensorimotor Control (P: KIN216)</td>
<td>3</td>
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<tr>
<td>KIN 493 Senior Internship Physio (P: KIN411) or KIN 492 Senior Internship Non-Physio (P: KIN310)</td>
<td>3-6</td>
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</table>

**These classes must be completed with a 2.0 or better before reaching 56 credits – JUNIOR status.**

## Career Cognate or Kin-Related Minor – Must total minimum of 12 credits

### Elective/Cognate Course Work – To Total Minimum of: __120 CREDITS__ __123 CREDITS (w/ MTH1825)__

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<tr>
<th>Course</th>
<th>CR</th>
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<th>Course</th>
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4
ATHLETIC TRAINING MAJOR COURSE RECORD

Name: ___________________________ Date Entered MSU: ___________________________

PID: ___________________________ Transfer Student? ___________________________

Credits for Grad: ___120___123 (w/MTH1825) Add'l Cognate: ___________________________

MSU UNIVERSITY REQUIREMENTS – Apply to all MSU majors

<table>
<thead>
<tr>
<th>WRA – Writing, Rhetoric, and American Cultures. (4 Cr)</th>
<th>MTH – MATHEMATICS (3-6 Cr)</th>
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<tbody>
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<th>IAH - ARTS/HUMANITIES (8 Cr)</th>
<th>GENERAL SCIENCE (13 Cr)</th>
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</thead>
<tbody>
<tr>
<td>IAH 201-210</td>
<td>**PSL 250 Intro Physiology 4</td>
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<tr>
<td>IAH 211 and higher</td>
<td>**CEM 141 General Chemistry 1 4</td>
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</table>

<table>
<thead>
<tr>
<th>ISS – SOCIAL SCIENCES (8 Cr)</th>
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<tbody>
<tr>
<td>ISS 200-level</td>
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<td>ISS 300-level</td>
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KIN CORE COURSES – 30 CREDITS

<table>
<thead>
<tr>
<th>KIN 121 The Healthy Lifestyle</th>
<th>CR</th>
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<th>GR</th>
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<tr>
<td>KIN 173 Foundations of Kinesiology</td>
<td>3</td>
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<tr>
<td>**KIN 216 Applied Human Anatomy</td>
<td>3</td>
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<tr>
<td>KIN 217 Applied Human Anatomy Lab (P: KIN216 or ANTR 350)</td>
<td>1</td>
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<tr>
<td>KIN 250 Measurement in Kinesiology</td>
<td>3</td>
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<tr>
<td>KIN 310 Physiological Bases of Physical Activity (P: KIN173, KIN216, CEM141, PSL250)</td>
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<tr>
<td>KIN 330 Biomechanics of Physical Activity (P: KIN173, KIN216, PHY231)</td>
<td>3</td>
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<tr>
<td>KIN 345 Sport and Exercise Psychology (W)</td>
<td>3</td>
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<tr>
<td>KIN 360 Physical Growth/Motor Behavior (P: KIN216 or ANTR350)</td>
<td>3</td>
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<tr>
<td>KIN 411 Lab Experiences in Exercise Physiology (P: KIN 310)</td>
<td>2</td>
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<tr>
<td>KIN 465 Adapted Physical Activity</td>
<td>3</td>
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</table>

**These classes must be completed with a 2.0 or better before reaching 56 credits – JUNIOR status.

ATHLETIC TRAINING PRE-ADMISSION REQUIREMENTS – 12 CREDITS

| KIN 125 First Aid & Personal Safety                 | 3   |     |    |
| KIN 126 Introduction to Athletic Training           | 3   |     |    |
| KIN 127 Taping & Bracing in Athletic Training       | 1   |     |    |
| KIN 320 Pathology of Injury                         | 3   |     |    |
| KIN 227 Observations and Introduction to Clinical Skills in Athletic Training – Fall Semester | 1 |     |    |
| KIN 227 Observations and Introduction to Clinical Skills in Athletic Training – Spring Semester | 1 |     |    |

ATHLETIC TRAINING REQUIREMENTS (MUST BE FORMALLY ADMITTED TO THE MAJOR) – 22 CREDITS

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

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5
ATHLETIC TRAINING PROGRAM
ADMISSION POLICY

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

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

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

C. The decision regarding final admission is based on the following criteria:

- Completed Athletic Training Education Program Application.
- Completion of KIN 125 (First Aid and Personal Safety), KIN 126 (Introduction to Athletic Training), KIN 127 (Clinical Observation in Athletic Training), KIN 320 (Pathology of Sports Injuries), KIN 227 (Clinical Rotations in AT) with a minimum average GPA of 2.5 for the 12 credits.
- University cumulative GPA of 2.5 or above.
- A minimum grade of 2.0 in each of the following classes: CEM 141, MTH 103, PHY 231, PSL 250, KIN 216 (ANTR 350 accepted).
- Essay expressing reasons for selecting Athletic Training.
- Three 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 15th and students are notified by March 30th.

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

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

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

- CEM141 (4) General Chemistry I
- KIN216 (3) Applied Human Anatomy
- MTH103 (3) College Algebra
- PHY231 (3) Introductory Physics I
- PSL250 (4) Introductory Physiology

Kinesiology Major—No application process

Athletic Training Major—Competitive application process

***MTH114 (or higher) is a prerequisite to PHY231***

Degree Summary and Credits

<table>
<thead>
<tr>
<th>ATHLETIC TRNG</th>
<th>Requirements</th>
<th>KINESIOLOGY</th>
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<tbody>
<tr>
<td>36</td>
<td>University GEN ED Requirements</td>
<td>36</td>
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<tr>
<td>30</td>
<td>Kinesiology Core Courses</td>
<td>27</td>
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<tr>
<td>12</td>
<td>Pre-Admission Requirements/Cognate</td>
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<td>19 + 23</td>
<td>Clinical Courses and/or Electives</td>
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<tr>
<td>120</td>
<td><strong>TOTAL PROGRAM CREDITS</strong></td>
<td>120</td>
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</tbody>
</table>

Note:
- 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 and KIN330

If you take MTH1825 at MSU you will need 123 credits to graduate.
University Requirements

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

WRA 110-150 (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
The university science requirements are different for students seeking a Bachelor’s of Science degree. Kinesiology and Athletic Training majors must complete the following courses, including two lab credits:

Physiology: PSL 250 or PSL 310 (4 credits)
Chemistry: CEM 141 (4 credits)
Physics: PHY 231 (3 credits)
Chemistry Lab: CEM 161 (1 credit)
Physics Lab: PHY 251 (1 credit)
Freshman Year Course Options

University Requirements
- **WRA** (i.e. WRA 110) (4)
- **Math**: Examples include: (3-6)
  - MTH 1825 & MTH 103
  - MTH 103 & MTH 114
  - MTH 116
  - MTH 124
  - MTH 132
- **ISS** (i.e. ISS 220) (4)
- **Science**: (i.e. CEM 141) (4)
- **Lab** (i.e. CEM 161) (1)

<table>
<thead>
<tr>
<th>KIN Core</th>
<th>AT Core</th>
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<tbody>
<tr>
<td>- KIN 121 (3)</td>
<td>- KIN 121 (3)</td>
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<td>- KIN 173 (3)</td>
<td>- KIN 126 (3)</td>
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<td>- KIN 173 (3)</td>
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Electives/Cognate Courses

Examples include:
- KIN 125 (3)       - SOC 100 (4)
- PSY 101 (4)       - SOC 325 (3)
- COM 100 (3)       - GEO 215 (3)
- EAD 315 (3)       - HB 100 (2)
- HDFS 225 (3)      - BS 161 (3)
- HNF 150 (3)       - BS 171 (2)
- HDFS 145 (3)      - CEM 142 (3)
- KIN Activity/Sport (1) - CEM 162 (1)
- TE 250 (3)        - UGS 101 (1)
- ADV 260 (3)       - Foreign Language (4)
- CEP 260 (3)       -
- ANP 270 (3)       -

*Cognate choices do not need to occur until junior standing, but students on the Pre-Professional track can get a head-start on prerequisites for Potential graduate programs*
Suggested Elective Courses for Kinesiology/Athletic Training Students

ADV 205 Principles of Advertising (3)
ADV 260 Principles of Public Relations (3)
ANP 200 Navigating Another Culture (2)
ANP 204 Introduction to Medical Anthropology (3 – summer)
ANP 270 Women & Health Perspectives (3 – fall)
ANP 370 Culture, Health & Illness (3)
ANP 425 Issues in Medical Anthropology (3 – fall - ANP 101 or ANP 201 or ANP 204)
CEP 260 Dynamics of Personal Adjustment (3)
CEP 261 Substance Abuse (3)
CEP 460 Communication Skill Training for the Helping Professional (3 – juniors and seniors)
CEP 470 Disabilities in a Diverse Society (3 – juniors and seniors)
COM 100 Human Communication (3)
COM 225 Interpersonal Communication (3)
COM 240 Introduction to Organizational Communication (3)
CSS 202 World of Turf (2)
CSS 222 New Horizons in Biotechnology (2 – fall)
EAD 315 Student Leadership (3 – pass/fail)
EC 370 Economics of Sport (3 – summer – EC 201)
EC 498 Economics of Health Care (3 – fall odd years – EC 301)
EPI 390 Disease in Society (4 – spring)
GEO 215 Sports Geography (3 – fall odd years)
GEO 435 Geography of Health Disease (3 – fall)
HB 100 Introduction to Hospitality Business (2 – freshmen and sophomores)
HB 105 Service Management Principles (2 – freshmen and sophomores – rec. HB 100)
HDFS 145 Marriage and the Family (3)
HDFS 211 Child Growth & Development (3)
HDFS 212 Children, Youth and Family (3)
HDFS 225 Lifespan Human Development in the Family (3)
HDFS 238 Personal Finance (3)
HM 101 Introduction to Public Health (3)
HNF 101 Personal Nutrition and Health (3 – summer)
HNF 150 Introduction to Human Nutrition (3)
HNF 260 Principles of Human Nutrition (3 – PSL 250)
HNF 375 Community Nutrition (3 – HNF 150 or 260 and sophomores, juniors and seniors)
HNF 457 Sports & Cardiovascular Nutrition (3 – spring – HNF 150 or 260, PSL 250 and KIN 310)
HST 324 History of Sport in America (3 - spring)
HST 329 College Sports History (3 – fall and summer)
ISS 328 Social Science of Sport (4 – ISS 210 or 215 or 220 or 225 or 230 or 235)
JRN 108 The World of Media (3)
KIN 1xx Kinesiology Activity class (1 – check schedule for variety of options)
KIN 300x Coaching classes (2 – check schedule for variety of options)
KIN 402 Coaching for Strength, Conditioning & Fitness (2 – spring)
KIN 424 Psychology of Injury (3 – summer and fall)
KIN 443 Psychophysiological Aspects of Kinesiology (3 – fall)
KIN 453 Administration of Intramural Sports Programs (3)
KIN 454 Facility Planning and Construction (3 – spring)
KIN 494 SPartners for Heart Health (1 - fall and spring - juniors and seniors – need to submit an application)
LB 270 Medical Terminology (2 – summer)
OST 401 Selected Topics in Osteopathic Medicine (1)
PHL 344 Ethical Issues in Health Care (4)
PSY 101 Introductory Psychology (4)
PSY 244 Developmental Psychology: Infancy through Childhood (3)
PSY 320 Health Psychology (3)
PSY 344 Developmental Psychology: Adolescence through Youth (3 – spring and summer)
RAD 590 Independent Study in Radiology (Spartan Performance)
SOC 100 Introduction to Sociology (4)
SOC 131 Social Problems (3 – fall)
SOC 216 Sex and Gender (3)
SOC 241 Social Psychology (3)
SOC 316 Youth and Society (3)
SOC 322 Sociology of Work (3 – fall)
SOC 325 Play, Games and Sports (3 – fall)
SOC 475 Health and Society (3)
TE 250 Human Diversity, Power, and Opportunity in Social Institutions (3)
Orientation Enrollment Worksheet

Using your AOP Personal Schedule along with the Suggested Electives page in your Academic Orientation Manual, write down the courses in which you are currently enrolled, as well as the elective courses you may be interested in taking.

Student Name:

PID: Major: Career Interest:

FS15

<table>
<thead>
<tr>
<th>Enrolled Courses</th>
<th>CR</th>
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<th>Top Elective Options</th>
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Credit Total: _________

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Credit Total: _________

AP/Dual Enrollment/Transfer Credits Expected: Check the following that apply:

Academic Scholars: ROTC: Honors College:

Comments or Questions for your Advisor:
<table>
<thead>
<tr>
<th>Year</th>
<th>Semester</th>
<th>Courses</th>
</tr>
</thead>
</table>
| **Freshman Year**| Fall Semester through Summer Semester (28 credits by end of Summer Semester) | WRA XXX: (110-150) (4)  
*MTH XXX: (103 and 114, or 116 or 124 or 132) (3-6)  
ISS 2XX: (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: (3-6) |
|                   | *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) | IAH 201-210: (4)  
ISS 3XX: (4)  
PSL 250: Introductory Physiology (4)  
PHY 231 & 251: Intro to Physics (3) and Physics Lab (1) (4)  
KIN 216: Applied Human Anatomy (3)  
KIN 250: Measurement in Kinesiology (3)  
Electives: (6-12) |
|                   | *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) | IAH 211-241: (4)  
KIN 310: Physiological Bases of Physical Activity (3)  
KIN 360: Physical Growth/Motor Behavior (3)  
Cognate courses:  
-Examples include:  
- KIN 371: Intro Research Methods KIN (3)  
- KIN 125: First Aid and Personal Safety (3)  
Electives: (12-15) |
|                   | *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) | 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: (12-15) |
|                   | *See suggested electives page. Courses could also be used for minor or Pre-Professional preparation*  
*Any courses left from previous years* |
# Athletic Training Academic Four-Year Plan

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

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>WRA XXX: (110-150)</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>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>
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<tr>
<td>KIN 125: First Aid and Personal Safety</td>
<td>3</td>
</tr>
<tr>
<td>KIN 126: Introduction to Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>KIN 127: Taping and Bracing in Athletic Training</td>
<td>1</td>
</tr>
<tr>
<td>KIN 173: Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>Electives:</td>
<td>3-6</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ISS 2XX:</td>
<td>4</td>
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<tr>
<td>IAH 201-210:</td>
<td>4</td>
</tr>
<tr>
<td>PSL 250: Introductory Physiology</td>
<td>4</td>
</tr>
<tr>
<td>PHY 231 &amp; 251: Intro to Physics (3) and Physics Lab (1)</td>
<td>4</td>
</tr>
<tr>
<td>KIN 216: Applied Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>KIN 227: Observations and Introduction to Clinical Skills in AT (Fall)</td>
<td>1</td>
</tr>
<tr>
<td>KIN 227/228: (Spring)</td>
<td>1/2</td>
</tr>
<tr>
<td>KIN 250: Measurement in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 320: Pathology of Injury</td>
<td>3</td>
</tr>
<tr>
<td>Electives:</td>
<td>3-6</td>
</tr>
</tbody>
</table>

*Any courses left from freshman year*

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>IAH 211-241:</td>
<td>4</td>
</tr>
<tr>
<td>ISS 3XX:</td>
<td>4</td>
</tr>
<tr>
<td>KIN 217: Applied Human Anatomy Lab</td>
<td>1</td>
</tr>
<tr>
<td>KIN 310: Physiological Bases of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 360: Physical Growth/Motor Behavior</td>
<td>3</td>
</tr>
<tr>
<td>KIN 421: Lower Evaluation of Injury</td>
<td>3</td>
</tr>
<tr>
<td>KIN 422: Advanced Rehab of Injury</td>
<td>3</td>
</tr>
<tr>
<td>KIN 423: Therapeutic Modalities</td>
<td>3</td>
</tr>
<tr>
<td>KIN 427: Clinical Rotation—Fall 1</td>
<td>1</td>
</tr>
<tr>
<td>KIN 427: Clinical Rotation—Spring 1</td>
<td>1</td>
</tr>
<tr>
<td>Electives:</td>
<td>3-6</td>
</tr>
</tbody>
</table>

*Any courses left from previous years*

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

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

*Any courses left from previous years*
Student Resources

Advising
- **College of Education**
  Our advisors: [http://education.msu.edu/academics/undergraduate/advisors.asp](http://education.msu.edu/academics/undergraduate/advisors.asp)
  Advising appointments can be scheduled online through: [https://www.egr.msu.edu/adcalendar/](https://www.egr.msu.edu/adcalendar/)

Academic
- **Academic Programs Catalog**
  Listing of University policies and academic programs and their requirements: [https://reg.msu.edu/AcademicPrograms/](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](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/](http://www.oss.msu.edu/)
- **Resource Center for Persons with Disabilities**
  120 Bessey Hall, 517-884-7273 [https://www.rcpd.msu.edu/](https://www.rcpd.msu.edu/)
- **Writing Center**
  Assistance with all aspects of writing, 300 Bessey Hall, 517-432-3610 [http://writing.msu.edu](http://writing.msu.edu)

Careers
- **Career Services Network**
  Career advising can help students plan and prepare for life after college [careernetwork.msu.edu](http://careernetwork.msu.edu)

Financial Aid
- **Office of Financial Aid**
  252 Student Services Building, 517-353-5940 [http://finaid.msu.edu](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/](http://www.servicelearning.msu.edu/)

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

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

- Alternative Spring Break 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.  
  http://msuflise.weebly.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.  
  http://www.education.msu.edu/kin/undergrad/studentorgs/pek.asp

- Pre-Chiropractic Association is a student organization whose goal is to educate students interested in the chiropractic profession and preparation for professional school admission.  
  https://www.facebook.com/groups/groupsatmichiganstate/?from=503492273010556

- 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/

- 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?

Take classes to learn, not to get the grade
• Your math and science pre-requisite courses set the foundation for your upper level Kinesiology courses, GPA, and professional/graduate school applications.
• Your classes during your first couple of years prepare you for your subsequent classes.

Books are EXPENSIVE!
• Look for used books or rent books; borrow books from friends if possible.
• Avoid being that student who doesn’t get the book until weeks into the class, though!

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
• Study TWO HOURS every week for each credit in which you are enrolled. If you have a 15 credit semester, you should be studying 30 hours per week!

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 and clubs on campus, and attend special events.
• Talk to your resident mentor, and meet everyone on your floor!
• 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!
CAREER OPPORTUNITIES IN KINESIOLOGY

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

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

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

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

Health Wellness Medicine
- Cardiac Rehabilitation Specialist
- Chiropractor
- Corporate Health/Wellness Manager
- Dietitian
- Exercise Physiologist
- Genetic Counseling
- Medical Laboratory Scientist
- Midwife
- Nurse
- Nutritionist
- Oriental Medicine
- Osteopathic Physician
- Physician
- Physician Assistant
- Respiration Therapist
- Sports Medicine
- Sports Psychologist

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

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

Public Service
- Donor Services
- Health Administration & Management
- “Make-a-Wish” Foundation
- Public Health Administration
- Public Policy
- Medical Coding/Billing
- Medical Services Administration
- Developmental Disabilities Council
- Community & Mental Health
- Case Manager

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

Sports Related
- Agent/Sports Representative
- Athlete Development
- Athletic Director
- Charity Sports Marketing
Career Opportunities Continued...

- Community Relations Manager
- Corporate Sales
- Director of Intramurals & Recreation
- Director of Ticket Sales
- Disability Sports Administrator
- Equipment Manager
- Fundraiser/Development Director
- Group Ticket Sales Operations
- Intramural Sports Director
- League Management
- Marketing & Promotions Manager
- Olympic Training Centers
- Player Personnel
- Professional Athlete
- Public Relations
- Sales & Customer Service
- Scout
- Special Events Planning
- Sports Academician
- Sports Administration
- Sports Attorney
- Sports Entrepreneur
- Product Development
- Product Distribution
- Sports Facility Management
- Sports Medicine
- Sports Museums/Halls of Fame
- Sports Officiating
- Stadium Operations
- Statistician
- Strength & Conditioning Coach

INDIRECT Career Options

- Academic Counselor, College Athletics
- Special-Risk Insurance
- Advertising Account Assistant
- Corporate Recruiter
- Customer Service Representative
- Developer of Educational Tools
- Music Therapy
- Paralegal
- Personnel Assistant
- Sales Representative
- Social Worker
- Special Events Organizer

Kinesiology Internship

- You will be required to complete a 3-6 credit internship during your senior year
- Senior standing is 88 credits
- Students must work 60 hours for each credit earned
- Over the course of the semester, a 3 credit internship would be equal to 180 hours of work, which is roughly 12 hours per week
- Depending on your cognate choice, you will enroll in either KIN492 or KIN493
- The internship can take place either in or out of the state of Michigan
- Out-of-state options are limited
- Finding the internship options 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
Preparing for Graduation & Beyond

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

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

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

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

**GETTING IT RIGHT FROM THE START**

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

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

Home Address
1234 Sunshine Ln.
Traverse City, MI 49684

EDUCATION

Michigan State University, East Lansing MI
Bachelor of Science, Kinesiology
May 2019

Traverse City Central High School, Traverse City, MI
GPA: 3.5/4.0
June 2015

EXPERIENCE

MSU Recreational Sports & Fitness Services, East Lansing, MI
Student Assistant
August 2015-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 2009-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 2013-August 2015
- 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 2015-Present
Fall 2014
Spring 2014 & 2015
Fall 2011-Fall 2015
August 2013-June 2014

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? Contact your College of Education Career Consultant.
Pepa Casselman, carls173@msu.edu, 517-353-9682, careernetwork.msu.edu
KINESIOLOGY COURSE PLANNING TOOL

COGNATE: ____________________

NAME ____________________

DATE ____________________

PRE-REQS:

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TOTAL CREDITS TO GRADUATE: 120 OR 123 (IF MTH 1825 TAKEN)

IMPORTANT: THIS SCHEDULE IS A STUDENT TOOL/GUIDE, NOT A RIGID PLAN!
STUDENTS ARE RESPONSIBLE FOR KNOWING UNIVERSITY, COLLEGE, DEPARTMENT AND GRAD SCHOOL REQUIREMENTS.
## ATHLETIC TRAINING PLANNING TOOL

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

**IMPORTANT:** This schedule is a guide, not a rigid plan. You may need elective credits to reach the number required for graduation. You are responsible for knowing college and university requirements and for tracking your individual progress toward program completion.
Stay Connected!

College of Education
Address:
620 Farm Lane, Rm 134
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East Lansing, MI 48824
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Janet Chegwidden
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Joella Cogan
coganj@msu.edu

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www.careernetwork.msu.edu

Want to make an academic advising appointment?
Please Visit: www.egr.msu.edu/adcalendar

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