



**Department of Kinesiology
Exercise Science Emphasis
Cognates and Specializations**

GUIDELINES

INTRODUCTION

Kinesiology provides students with an understanding of the development, interpretation, application, and dissemination of knowledge that relates physical activity to human well-being. Human wellness can be enhanced by an integrated curricular approach that meets the biological, psychological, and social needs of individuals. The practice of Kinesiology involves the assessment of human movement, performance, and function in the areas of health, exercise, sports injury, physical education, sports administration, recreation, and the activities of daily living.

COGNATES AND SPECIALIZATIONS

For graduation requirements, along with the major's course requirements, students must choose either a cognate or a specialization. According to MSU academic program terminology:

A **cognate** is a set of interrelated disciplinary or interdisciplinary courses complimentary to the major. Several of the cognates listed may require additional undergraduate or graduate coursework, or advanced degrees. Cognates are not visible on transcripts. They are used as career emphases areas for résumés and as prerequisite courses for graduate school.

A **specialization** is an interdisciplinary program of thematically related course separated from the major. Specializations are visible on transcripts and are used as career emphases areas for résumés.

Students may graduate by choosing one of these options: (a) one cognate made up of a minimum of **twelve** credits; or (b) one specialization of 18-21 credits. Students choosing a specialization in Coaching or Health Promotion are strongly encouraged to add a cognate.

CAREERS

Careers are varied and work settings include medical, clinical, educational, psychosocial, corporate, and sports environments. Careers within the emphasis are chosen from three traditional cognate groups: corporate, clinical, or disciplinary. However, because these groups are not mutually exclusive, the cognates are not listed in these more traditional groupings. The interdisciplinary nature of Kinesiology involves a combination of courses to suit each student's particular needs.

Regardless of cognate or specialization, throughout their years at MSU, students must build work experiences hours within their chosen fields. These hours may be paid or unpaid, or taken as credit via independent study or fieldwork; KIN 490 or KIN 494. Students are also required to take KIN 493 Internship (3-6 credits) in their senior year, as capstones to these experiences. Furthermore, students are expected to engage in leadership, community, and research activities to build strong résumés.

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Adapted Physical Activity

The Adapted Physical Activity cognate will prepare students to work with persons who have disabilities in educational, community, and clinical settings. The cognate will be especially useful to students who wish to develop a niche working with persons who have disabilities in careers such as coaching, personal training, or related professional fields; who are preparing for careers in physical therapy, occupational therapy, medicine, or other health care professions; who plan to pursue disciplinary research involving participants who have disabilities. Regardless of the reason for pursuing the cognate, students are strongly encouraged to obtain practical experience with a variety of disability populations through fieldwork, practicum, and volunteer experiences.

After completing CEP 341, students may wish to enroll in CEP 441A, 441B, 442A, and 442B to acquire skills in American Sign Language.

Course	Cr	Title
CEP 240	3	Diverse Learners in Multicultural Perspective
CEP 341	2	American Sign Language and the Deaf Community
CEP 444	3	Education of Students with Severe/Multiple Disabilities
CEP 445	3	Educational Technology in Special Education
CEP 449	3	Behavior Management in Special Education
CEP 452	3	Students with Disabilities in the Regular Classroom
CEP 470	3	Disability in a Diverse Society
KIN 466	1-4	Practicum in Adapted Physical Activity
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Administration (Sport)

The Sport Administration cognate will prepare students to work in administrative sports, coaching, and health management settings. The cognate will be especially useful to students who are preparing for careers such as; Professional Sports Team Administrators, Sporting Goods Managers, Recreation Program or School Intramural Sports Supervisors, Athletic Directors, Health Club or Facility Managers, School or Professional Sports Team Coaches, Marketers, and Promotions Managers. A dual major in Business Administration might be considered; if so, students should meet with a College of Business Academic Advisor.

Course	Cr	Title
ACC 201	3	Principles of Financial Accounting
ACC 202	3	Principles of Management Accounting
CSE 101	3	Computing Concepts and Competencies
COM 240	4	Introduction to Organizational Communications
EAD 315	3	Student Leadership Training
EC 201	3	Introduction to Microeconomics
EC 202	3	Introduction to Macroeconomics
KIN 171	1	Athletics in Higher Education
HST 324	3	History of Sport in America
KIN 453	3	Administration of Intramural Sports Programs
KIN 454	3	Facility Planning and Construction
KIN 456	2	Ethical Issues in Athletics
PSY 255	3	Industrial and Organizational Psychology
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Biomechanics

The cognate in biomechanics prepares students for a career in a variety of research applications in human movement. This cognate will be useful to students who wish to work in gait analysis settings in hospitals and private labs, performing pre/post surgery evaluations on gait, or evaluations of prosthetics. Additionally, this cognate is useful for those interested in design of sport shoes, clothing or safety equipment; analysis of sports techniques; or for students who plan to pursue graduate work leading to academic and research positions in colleges and universities. Most careers require a doctorate.

It is suggested that students interested in biomechanics and who have a strong background in mathematics consider a double major in Mechanical Engineering and Kinesiology. Students should meet with a College of Engineering Academic Advisor.

Course	Cr	Title
CSE 231	4	Introduction to Programming I
CSE 232	4	Introduction to Programming II
ME 221	3	Statics
ME 222	4	Mechanics of Deformable Solids
ME 361	3	Dynamics
MTH 132	3	Calculus I
MTH 133	4	Calculus II
MTH 234	4	Multivariate Calculus
MTH 235	3	Differential Equations
PHY 183	4	Physics for Scientists and Engineers I
PHY 184	4	Physics for Scientists and Engineers II
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Cardiac Rehabilitation

The cardiac rehabilitation cognate will prepare students to work in cardiac settings. The cognate will be especially useful to students who want to work with the assessment of cardiovascular functioning and prescriptive work for prevention of cardiovascular trauma or for rehabilitation of individuals who have experienced cardiovascular problems.

Cardiac rehabilitation is a medically supervised program to help heart patients recover quickly and improve their overall physical, mental and social functioning. The goal is to stabilize, slow or even reverse the progression of cardiovascular disease, thereby reducing the risk of heart disease, another cardiac event, or death. Cardiac rehabilitation programs include counseling related to exercise programs, nutrition, risk factors such as high blood pressure, physical inactivity, and obesity, appropriate use of prescribed medications, and emotional and social issues. Students are strongly encouraged to add an exercise physiology cognate.

Fieldwork is necessary for students to get experience in Cardiac Rehabilitation prior to any application for internships. An internship at a cardiac rehabilitation program is required for students to be competitive and may be 6 – 12 weeks in length. Although some cardiac rehabilitation sites will hire staff with undergraduate degrees, a master's degree in exercise physiology is recommended.

Course	Cr	Title
HNF 150	3	Introduction to Nutrition and Food Science
HNF 457	3	Sports and Cardiovascular Nutrition – only alternative years
KIN 202	3	Aerobic Exercise Instruction
PHM 350	3	Introduction to Human Pharmacology
PSL 431**	3	Human Physiology I
PSL 432	3	Human Physiology II
CHSE 116***	1	EKG Basics
CHCE 106***	2.5	Cardiac Dysrhythmia Interpretation
KIN 490*	1-4	Independent Study
KIN 494	1-4	One 2 credit Fieldwork – for example a 2 credit field work at LCC offered every semester at Adult Fitness and Phase III Cardiac Rehab program.

Notes:

*A section of KIN 490 on EKG interpretation is occasionally offered and may be substituted for CHCE 116.

**Prereqs of BS 111, CEM 142

***CHSE 116 and CHCE 106 are Lansing Community College courses that do not count toward MSU credits; however, the material covered is essential for employment consideration. CHCE 106 is the more highly recommended of these two courses. These classes can be taken elsewhere.

Communication

The Sports Communication cognate will prepare students to work in the sports media and communication settings. The cognate will be especially useful to students who are preparing for careers such as: Sports Broadcaster, Sports Writer, Sports Reporter, College Sports Information Director, Sports Promoter, Fund Raiser or Public Relations Officer.

Careers in sports communications come from businesses, nonprofit associations, universities, sports teams and individual athletes. Individuals in this cognate are advocates and are involved in building and maintaining positive relationships with the public through the print and broadcast media, community, consumers, industry, and employers.

A dual major in Journalism might be considered; if so, students should meet with a College of Communication Arts Academic Advisor.

Course	Cr	Title
ADV 205	4	Principles of Advertising
ADV 260	4	Principles of Public Relations
COM 100	3	Human Communication
COM 200	4	Methods of Communication Inquiry
COM 225	3	An Introduction to Interpersonal Communication
COM 240	4	Introduction to Organizational Communication
COM 275	3	Effects of Mass Communication
COM 315	3	Information Gathering and Interviewing Techniques
HST 324	3	History of Sport in America
JRN 108	3	Introduction to Mass Media
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Community Recreation Management

The Community Recreation Management cognate will prepare students to work in community recreation management settings. This cognate will be useful to students who are preparing for careers such as: Recreation Facility Planner, Park Resource Manager, Resort or Tourism Manager, Community Youth/Senior Activity Leader.

Higher level administrative jobs require recreational supervisory experience. Courses include community organization; supervision and administration; recreational needs of special populations, such as the elderly or disabled; and supervised fieldwork. Students may specialize in areas such as therapeutic recreation, park management, outdoor recreation, industrial or commercial recreation, or camp management.

Recreation workers plan, organize, and direct activities in local playgrounds and recreation areas, parks, community centers, religious organizations, camps, theme parks, and tourist attractions. Increasingly, recreation workers also are found in businesses where they organize and direct leisure activities for employees. Specialized training or experience in a particular field, such as art, music, drama, or athletics, is an asset for many jobs. Some jobs also require additional certification. For example, a lifesaving certificate or water safety instruction is a prerequisite for teaching or coaching water-related activities.

A dual major in Park, Recreation and Tourism Resources might be considered; if so, students should meet with a College of Agriculture and Natural Resources Academic Advisor.

Course	Cr	Title
PRR 213	3	Introduction to Parks, Recreation and Leisure
PRR 215	4	Recreation Program Management
PRR 351	3	Recreation and Natural Resources Communication
PRR 370	3	Administration and Operation of Park and Recreation Systems
PRR 371	3	Management of Park and Recreation Agencies and Organizations
PRR 473	3	Commercial Recreation and Tourism Enterprises
PRR 485	3	Legal Aspects of Parks, Recreation and Sport
PSY 235	3	Social Psychology
PSY 255	3	Industrial and Organizational Psychology
SOC 241	3	Social Psychology
SOC 361	3	Contemporary Communities
SOC 375	3	Urban Sociology
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Exercise Physiology

The Exercise physiology cognate will prepare students to work in industry, like Gatorade and Velocity Sports Performance, health, medical, military, and university settings. The cognate will be especially useful to students interested in cardiac rehabilitation, research or practice based exercise physiology such as performance and heat stress, performance and altitude, fluid balance, motor functions, exercise testing of athletes, and development of physical fitness programs in prevention of disease and disability

Exercise Physiology is a discipline involving the study of how exercise alters the structure and function of the human body. Exercise Physiology requires diverse knowledge and considerable study of various physiologic responses to exercise. Topics studied include human energy transfer, human energy expenditure, the nervous, pulmonary, cardiovascular, musculoskeletal system and endocrine systems (including hormones) and their interactions. Also, studies should include training methods and environmental effects on physiology.

Courses	Cr	Title
BMB 200	4	Introduction to Biochemistry - or-
BMB 401	4	Basic Biochemistry - or -
BMB 461	3	Biochemistry I - and -
BMB 462	3	Biochemistry II
BS 111	4	Cells and Molecules
CEM 142	3	General and Inorganic Chemistry - or -
CEM 143	4	Survey of Organic Chemistry - or – CEM 251
CEM 151	4	General and Descriptive Chemistry
CEM 251	3	Organic Chemistry I - and -
CEM 252	3	Organic Chemistry II - or -
CEM 351	4	Organic Chemistry I - and -
CEM 352	4	Organic Chemistry II
EPI 390	4	Disease in Society
HNF 150	3	Introduction to Nutrition and Food Science
HNF 311	3	Principles of Human Nutrition
PHM 350	4	Introduction to Human Pharmacology
PSL 410	3	Computational Problem Solving in Physiology
PSL 431	3	Human Physiology I
PSL 432	3	Human Physiology II
STT 421	3	Statistics I
STT 422	3	Statistics II
ZOL 141	3	Introduction to Human Genetics
ZOL 341	4	Fundamental Genetics
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Fitness Leadership

The Fitness Leadership cognate will prepare students to work in health management and health promotion settings. The cognate will be especially useful to students who are preparing for careers such as: Personal Trainers, Aerobic Fitness Leaders, Strength and Conditioning Coaches, Corporate Employee Wellness Supervisors, Special Events or Exercise Class Instructors, Pool Managers, YMCA/YWCA Coordinator, Recreation Department Coordinators, Sporting Goods Managers.

Fitness workers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work in health clubs, country clubs, hospitals, universities, yoga and Pilates studios, resorts, and clients' homes. Increasingly, fitness workers also are found in workplaces, where they organize and direct health and fitness programs for employees of all ages.

Personal trainers work one-on-one with clients either in a fitness facility or in the client's home. They help clients assess their level of physical fitness and set and reach fitness goals. Group exercise instructors conduct group exercise sessions that usually include aerobic exercise, stretching, and muscle conditioning. Fitness directors oversee the fitness-related aspects of a health club or fitness center. They create and oversee programs that meet the needs of the club's members, including new member orientations, fitness assessments, and workout incentive programs.

Students are encouraged to add the Coaching or Health Promotion Specialization, and obtain certifications for personal training such as ACE or ACSM, aerobics instruction, water safety instruction and Lifeguarding, maintaining current CPR and First Aid.

Course	Cr	Title
COM 240	4	Introduction to Organizational Communications
CSE 101	3	Computing Concepts and Competencies
HNF 150	3	Introduction to Nutrition and Food Science
HNF 311	3	Principles of Human Nutrition
KIN103R, 113E, F or P	1	Weight Training I – Weight Training IV
KIN 103D, 113B, C or N	1	General Conditioning I – General Conditioning IV
KIN 126	3	Introduction To Athletic Training
KIN 201	3	Water Safety Instruction
KIN 202	3	Aerobic Exercise Instruction
KIN 205	2	Lifeguarding
KIN 454	3	Facility Planning and Construction
PSY 320	3	Health Psychology
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Growth and Motor Development

This Growth and Motor Development cognate will prepare students who are interested in university-level academic positions in teaching and research. The cognate will be especially useful to students interested in and providing clinical services in the area of children's acquisition of sports skills. Employment in this field is almost exclusively a university setting and a doctoral degree is typically required for a career in this area.

Courses	Cr	Title
BS 110	4	Organisms and Populations
BS 111	3	Cells and Molecules
FCE 211	4	Child Growth/Develop: Conception - Early Childhood
FCE 212	3	Children, Youth and Family
FCE 225	3	Ecology of Lifespan Human Development in the Family
FCE 320	3	Interaction Processes with Children in Groups
FCE 320L	1	Interaction with Children-Laboratory
FCE 321	3	Curriculum for Early Childhood Programs
FCE 413	4	Adult Develop and the Family: Middle and Later Years
KIN 461	1-4	Developmental Bases of Motor Skills Laboratory
PSY 101	4	Introductory Psychology
PSY 244	3	Developmental Psychology: Infancy - Childhood
PSY 344	3	Developmental Psychology: Adolescence - Youth
ZOL 320	4	Developmental Biology
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Nutrition for Physical Activity

The Sports Nutrition cognate will prepare students who are interested in dietary patterns that influence the health and well-being of individuals. This cognate will be especially useful to students who are preparing for careers in fitness and wellness such as corporate wellness, personal training, sports nutrition, exercise physiology, and athletic training.

Course	Cr	Title
BMB 401	4	Basic Biochemistry
BMB 200	3	Introduction to Biochemistry
CEM 142	3	General and Inorganic Chemistry
CEM 143	4	Survey of Organic Chemistry
HNF 150	3	Introduction to Nutrition and Food Science
HNF 311	3	Principles of Human Nutrition
HNF 457	3	Sports and Cardiovascular Nutrition – only alternative years
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Orthotics and Prosthetics

The Orthotics and Prosthetics cognate will prepare students to work in medical equipment and supply manufacturing laboratories, which usually are small, privately owned businesses. The cognate will be especially useful to students who want to work constructing, fitting, maintaining, and repairing braces, artificial appliances, joints, arch supports, and other surgical and medical appliances. They follow prescriptions or detailed instructions from podiatrists or orthotists, who request braces, supports, corrective shoes, or other devices; prosthetists, who order prostheses, such as an arm, leg, hand, or foot, for patients who need them due to a birth defect, trauma, or amputation. Students are strongly encouraged to work in this field during their undergraduate programs. Post graduate certification is required and programs must be accredited by the National Commission on Orthotic and Prosthetic Education (NCOPE).

Course	Cr	Title
ACC 201	3	Principles of Financial Accounting
BS 111	3	Cells and Molecules
BS 110	4	Organisms and Populations
COM 100	3	Human Communication
CSE 101	3	Computing Concepts and Competencies
FCE 225	3	Ecology of Lifespan Human Development in the Family
MSE 250	3	Materials Science in Engineering
MSE 425	3	Biomaterials and Biocompatibility
PHY 183	4	Physics for Scientists and Engineers I
PHY 184	4	Physics for Scientists and Engineers II
PSY 101	4	Introductory Psychology
PSY 209	3	Brain and Behavior
PSY 235	3	Social Psychology
STA 114	3	Three-Dimensional Form
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Pre- Professional

The Pre- Professional cognate will prepare students to work in clinical settings. The cognate will be especially useful to students who want to work in health related careers such as physician, surgeon, physician assistant, physical therapy, occupational therapy, chiropractor, pre dentistry, pre-optometry, and pre-pharmacy.

*Students who develop an interest in Nursing should consider an Accelerated BSN program after graduation.

Suggested Courses ** Due to the complexity of preparation for these professions detailed information must be obtained from a Kinesiology academic advisor.

Course	Cr	Title
ANP 270	3	Women and Health
ANP 370	3	Culture, Health, and Illness
ANTR 350	3	**Human Anatomy
BS 110	4	Organisms and Populations
BMB 401	4	Basic Biochemistry -or-
BMB 461	3	Biochemistry I – and -
BMB 462	3	Biochemistry II
BS 111	3	Cells and Molecules
BS 111L	2	Cell and Molecular Biology Laboratory
CEM 142	3	General and Inorganic Chemistry
CEM 162	1	Chemistry Laboratory II
CEM 251	4	Survey of Organic Chemistry
CEM 252	3	Organic Chemistry II
CEM 255	2	Organic Chemistry Laboratory
COM 100	3	Human Communication
CSE 101	3	Computing Concepts and Competencies
EPI 390	4	Disease in Society
FCE 225	3	Ecology of Lifespan Human Development in the Family
HNF 150	3	Introduction to Nutrition and Food Science
HNF 311	3	**Principles of Human Nutrition
MMG 201	3	**Fundamentals of Microbiology
MMG 301	3	Introductory Microbiology
MMG 302	1	Introductory Microbiology Lab.
MMG 431	3	Microbial Genomics
MMG 463	3	Medical Microbiology
MMG 451	3	Immunology
MT 434	3	Clinical Immunology
MTH 124	3	Survey of Calc. I or MTH 132 Calc. 1 and MTH 133 Calc. 11
NUR 300	4	**Pathophysiology
OST 401	1	Selective Topics in Osteopathic Medicine
PHL 344	4	Ethical Issues in Health Care
PHM 350	4	Introduction to Human Pharmacology
PHM 431	3	Drug Abuse
PHY 232	3	Introductory Physics II

PHY 252	1	Introductory Physics Laboratory II
PLS 100	3	Introduction to American National Government
PSL 431	3	Human Physiology I
PSL 432	3	Human Physiology II
PSL 449	2	Developmental Neurophysiology
PSY 101	4	Introductory Psychology
PSY 209	3	Brain and Behavior
PSY 235	3	Social Psychology
PSY 236	3	Personality
PSY 244	3	Developmental Psychology: Infancy – Childhood
PSY 295		Data Analysis in Psychological Research
PSY 280	3	Abnormal Psychology
PSY 320	3	Health Psychology
PSY 344	3	Developmental Psychology: Adolescence – Youth
PSY 346	3	Developmental Psychology: Adulthood and Aging
PSY 409	3	Psychobiology of the Lifespan
SOC 241	3	Social Psychology
SOC 322	3	Sociology of Work
SOC 100	4	Introduction to Sociology
STT 200	3	Statistical Methods
STT 201	4	Statistical Methods with lab
ZOL 141	3	Introduction to Human Genetics
ZOL 320	4	Developmental Biology
ZOL 328	4	Comparative Anatomy and Biology of vertebrates
ZOL 341	4	Fundamental Genetics
ZOL 402	3	Neurobiology
ZOL 408	3	Histology
ZOL 450	3	Cancer Biology
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Psychosocial Aspects of Physical Activity

The Psychosocial Aspects of Physical Activity cognate will prepare students who are interested in community recreation centers, senior centers, nonprofit organizations that promote sport and physical activity, and the Peace Corps settings. This cognate will be especially useful to students who are preparing for careers such as, recreation directors, community physical activity leadership, youth sport directors, coaching, and graduate school work in sport psychology, sport sociology, therapeutic recreation, sport management, or social work. A dual major in Psychology or Sociology might be considered; if so, students should meet with a College of Social Science Academic Advisor.

Course	Cr	Title
CEP 240	3	Diverse Learners in Multicultural Perspective
CEP 261	3	Substance Abuse
HST 324	3	History of Sport in America
PSY 101	4	Introductory Psychology
PSY 200	3	Cognitive Psychology
PSY 235	3	Social Psychology
PSY 236	3	Personality
PSY 244	3	Developmental Psychology: Infancy - Adulthood
PSY 280	3	Abnormal Psychology
PSY 295	3	Data Analysis in Psychological Research
PSY 320	3	Health Psychology
PSY 344	3	Developmental Psychology: Adolescence - Youth
PSY 346	3	Developmental Psychology: Adulthood and Aging
SOC 100	4	Introduction to Sociology
SOC 131	3	Social Problems
SOC 215	3	Race and Ethnicity
SOC 216	3	Sex and Gender
SOC 313	3	Education and Society
SOC 315	3	Family and Society
SOC 316	3	Youth and Society
SOC 368	3	Science, Technology and Society
SOC 375	3	Urban Sociology
SOC 475	3	Sociology of Health Care Systems
STT 201	4	Statistical Methods
KIN 490	1-4	Independent Study
KIN 494	1-4	Fieldwork

Specialization in Health Promotion

The state of people's health and the quality of life in America today are matters of serious concern. The specialization in health promotion is designed to assist students in understanding health issues that will serve as a basis for personal and professional growth and positive lifestyle changes. The specialization is multidisciplinary with an emphasis on preparing students for possible positions dealing with primary and secondary prevention of illness and disease.

The specialization is not a major. The Department of Kinesiology administers the specialization. Enrollment in the specialization is available to all undergraduates and participation by students from many disciplines is welcomed. You may start enrolling in the classes at any time without approval. A minimum of 18 credits must be completed for this specialization.

If this specialization is used as a cognate for Kinesiology, it is highly recommended that an additional cognate such as Fitness Leadership be chosen to enhance emphasis in a career area.

Students **MUST** make an appointment in the semester **PRIOR** to graduation and Senior year to ensure the Specialization is recorded on their transcripts. Form completion takes five minutes.

Call the College Of Education, 134 Erickson Hall, 353-9680, for walk-in hours with Jo Hartwell. For questions: hartwel6@msu.edu

REQUIREMENTS

To have the specialization appear on your transcript, you must:

1. Complete a minimum of 18 credits.
2. Make an appointment with the Kinesiology advisor **ANY** semester **BEFORE SENIOR STATUS** to sign a form

(1) Both of the following courses (6 credits):

HNF 150	Introduction to Nutrition and Food Science	3
PSY 320	Health Psychology	3

(2) One course (3) credits:

KIN 121	The Healthy Lifestyle	3
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At least 9 credits from any of the following courses:

Social/Cultural

ANP 270	Women and Health: Anthropological and International Perspectives	3
ANP 370	Culture, Health, and Illness	3
EEP 260	World Food, Population, and Poverty	3
FCE 225	Ecology of Lifespan Human Development in the Family	3
FSC 421	Food Laws and Regulations	3
GEO 435	Geography of Health and Disease	3
HNF 375	Community Nutrition	3
HNF 406	Social Cultural Aspects of Food	4
ISS 210	Society and the Individual	4
PHL 344	Ethical Issues in Health Care	4
SOC 241	Social Psychology	3
SW 471	Child Welfare	3
SW 472	Social Work in Health Care	3
SW 474	Substance Abuse and the Human Services	3

Biological

BS 110	Organisms and Populations	4
FSC 211	Principles of Food Science	3
ISB 206H	Human Biology and Society	3
MMG 101	Preview of Microbiology	1
MMG 201	Fundamentals of Microbiology	3
MMG 302	Allied Health Microbiology Laboratory	1

Lifestyle

CEP 260	Dynamics of Personal Adjustment	3
CEP 261	Substance Abuse	3
FCE 145	The Individual, Marriage and the Family	3
FCE 414	Parenting	3
FCE 444	Interpersonal Relationships in the Family	3
FCE 445	Human Sexuality	3
KIN 101	Aquatics	1
KIN 103	Conditioning	1
KIN 125	First Aid & Personal Safety	3

Specialization in Coaching (2268)

Participation in athletics is afforded prominence in the educational and developmental process. The nature of the experience gained from participation in an athletic program is strongly influenced by the qualifications and experiences that will enable them to coach effectively and safely in school, community-youth, and adult sports programs.

The specialization is not a major. The Department of Kinesiology administers the Specialization. Enrollment in the specialization is available to all undergraduates, and participation by students from many disciplines is welcomed. The educational objectives of the specialization in coaching are for students to acquire:

- a) Knowledge and understanding of the growth and development of athlete.
- b) Knowledge and understanding of the medical, legal, psychological, social, biological, physical, theoretical, and technical aspects in coaching.

With the approval of the department and college that administer the student's degree program, courses are used to satisfy the requirements for the Specialization. A certificate of completion will appear on the student's transcript. Students wishing to take advantage of the Specialization coaching should discuss their intentions with their regular academic advisors.

There is no sign-up process. The semester BEFORE graduation students must meet with a Kinesiology Adviser, Jo Hartwell, to complete a form to ensure the Specialization appears on a transcript. Students need to call 353-9680 for her walk in times in the Student Affairs Office, 134 Erickson Hall. Email her with questions hartwel6@msu.edu

Students NOT in the Kinesiology major must email her for a restriction override for KIN 340 Requirements To have this specialization appear on your transcript, you must complete a minimum of 21 credits as follows:

Course	Title	Credits
KIN 125	First Aid and Personal Safety	3
KIN 260	Physical Growth and Motor Behavior	3
KIN 340	Psychological Bases of Physical Activity	3
KIN 400	Principles of Coaching	4
KIN 401	Principles of Coaching	4
* KIN 300A-L	Coaching ~or~ KIN 490 Independent Study	2
** KIN 494	Fieldwork	2
TOTAL		21

* Not every class is offered every semester. Check by semester on the MSU Schedule of Courses website.

* * Written instructor and advisor permission prior to enrollment is required. KIN 400, 401, and 300 A - L must be completed. Also, this course will be offered as an Independent Study if the available coaching courses in KIN 300A-L are not in the coaching interest of the student.

*** If you are unable to complete the Specialization or do not have time to add it, check out the online Graduate Coaching Specialization Certificate. Use the link on the top left side of the Kinesiology website <http://edweb6.educ.msu.edu/kin/>