

KINESIOLOGY (PERFORMANCE PSYCHOLOGY) - BACHELOR OF SCIENCE IN KINESIOLOGY

Kinesiology is a great option that prepares students for many careers in allied health. Students may explore options in medicine, physical and occupational therapy, athletic training, corporate health and wellness, chiropractic medicine, dentistry, physical education, pharmacy, and much more.

The Bachelor of Science in Kinesiology degree program can be completed in one of three concentration areas: Exercise Science, Performance Psychology, or Physical Education. Regardless of the concentration, students are required to complete a minimum of 120 credits. Additionally, students are required to complete a minimum of 48 upper division credits (300/3000 and 400/4000 level courses). Kinesiology students must maintain a minimum 2.75 GPA to enroll in most upper-division SPMD courses. ENGL 1110G/ENGL 1110H Composition I Honors , Area II General Education courses, Kinesiology courses, and Approved Electives must be completed with a grade of C- or better.

Students must complete all University degree requirements. Developmental coursework will not count towards the degree requirements and/or elective credits, but may be needed in order to take the necessary English and Mathematics coursework.

Information about Kinesiology and potential career opportunities may be obtained at the Department of Kinesiology , Activity Center 204, phone 575-646-2215.

With a concentration in Performance Psychology, students can also receive a Minor in Psychology. Official Minor documentation and verification of completion must be approved through the Department of Psychology.

Prefix	Title	Credits
General Education		
<i>Area I: Communications</i>		
<i>English Composition - Level 1</i>		
Choose one from the following:		4
ENGL 1110G	Composition I	
ENGL 1110H	Composition I Honors	
<i>English Composition - Level 2¹</i>		
Choose one from the following: (ENGL 2210G or ENGL 2215G recommended)		3
ENGL 2130G	Advanced Composition	
ENGL 2210G	Professional and Technical Communication	
or ENGL 2210H	Professional and Technical Communication	
ENGL 2215G	Advanced Technical and Professional Communication	
ENGL 2221G	Writing in the Humanities and Social Science	
<i>Oral Communication¹</i>		3
<i>Area II: Mathematics²</i>		
Choose one of the following:		3-4
MATH 1220G	College Algebra	
MATH 1250G	Trigonometry & Pre-Calculus	

MATH 1430G	Applications of Calculus I	
MATH 1511G	Calculus and Analytic Geometry I	
or MATH 1511H	Calculus and Analytic Geometry I Honors	
<i>Area III/IV: Laboratory Sciences and Social/Behavioral Sciences</i>		11
<i>Area III: Laboratory Sciences Courses (8 credits) (Preferred Below)¹</i>		
Choose two (8 credits) of the following: (BIOL 2110G recommended)		
BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory	
BIOL 2110G & BIOL 2110L	Principles of Biology: Cellular and Molecular Biology and Principles of Biology: Cellular and Molecular Biology Laboratory	
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	
CHEM 1225G	General Chemistry II Lecture and Laboratory for STEM Majors	
PHYS 1230G & PHYS 1230L	Algebra-Based Physics I and Algebra-Based Physics I Lab	
PHYS 1240G & PHYS 1240L	Algebra-Based Physics II and Algebra-Based Physics II Lab	
<i>Area IV: Social/Behavioral Sciences Course (3 credits)¹</i>		
PSYC 1110G	Introduction to Psychology	
<i>Area V: Humanities¹</i>		3
<i>Area VI: Creative and Fine Arts¹</i>		3
<i>General Education Elective¹</i>		3-4
Viewing a Wider World³		6
Departmental/College Requirements		
Choose three of the following:		3
PHED 1230	Individual Sport:	
PHED 1290	Team Sport:	
PHED 1310	Swim I:	
PHED 1410	Yoga:	
PHED 1430	Pilates:	
PHED 1510	Training:	
PHED 1620	Fitness:	
PHED 1670	Aerobics:	
PHED 1830	Running:	
PHED 2996	Special Topics	
HLED 1154	Lifeguarding	
DANC 1130	Introduction to Ballet	
DANC 1131	Introduction to Ballroom Dance	
DANC 1135	Introduction to Argentine Tango	
DANC 1140	Introduction to Flamenco	
DANC 1150	Modern Dance I	
DANC 1161	Tap Dance	
DANC 1185	Introduction to Country Western Dance	
DANC 1220	Introduction to Latin Social Dance	
DANC 1235	Introduction to West Coast Swing Dance	
DANC 2157	Hip-Hop Dance II	
SPMD 1310	Introduction to Kinesiology	3
SPMD 1350	Social Foundations of Physical Activity	3
SPMD 2210	Anatomy and Physiology I	3
SPMD 2210L	Anatomy and Physiology Laboratory	1
SPMD 2250	Fitness for Health and Sport	3
SPMD 2225	Anatomy and Physiology II	3

SPMD 2225L	Anatomy and Physiology II Lab	1
SPMD 3410	Exercise Physiology	3
SPMD 3450	Biomechanics	3
SPMD 3450L	Biomechanics Laboratory	1
SPMD 3550	Psychology of Sport	3
SPMD 3650	Motor Development	3
SPMD 3610	Health and Exercise Psychology	3
SPMD 3710	Motor Learning	3
SPMD 4998	Internship	6
<i>Psychology Courses</i>		<i>18</i>
Students can select the official Psychology Minor requiring 18 credit hours in PSYC ⁴		
Departmental Requirements (in addition to Gen.Ed/VWW)		
Choose one from the following:		3
A ST 311	Statistical Applications	
MATH 1350G	Introduction to Statistics	
MATH 2350G	Statistical Methods	
SPMD 3350	Inferential Statistics in Sport and Exercise Science	
Electives, to bring the total credits to 120		15
Choose from the following list		
ANTH 355	Biological Anthropology	
ANTH 357V	Medical Anthropology	
ANTH 431V	Nutritional Anthropology	
ANTH 458	Gender and Reproduction	
BIOL 2110G	Principles of Biology: Cellular and Molecular Biology	
BIOL 2110L	Principles of Biology: Cellular and Molecular Biology Laboratory	
BIOL 2505	Pathophysiology	
BIOL 2310	Microbiology	
BIOL 2310L	Microbiology Lab	
BIOL 2320	Public Health Microbiology	
BIOL 2610G	Principles of Biology: Biodiversity, Ecology, and Evolution	
BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory	
BIOL 305	Principles of Genetics	
BIOL 377	Cell Biology	
BIOL 385	An Introduction to Cancer	
BIOL 424	Human Osteology	
BIOL 470	Developmental Biology	
BIOL 474	Immunology	
BIOL 475	Virology	
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	
CHEM 1225G	General Chemistry II Lecture and Laboratory for STEM Majors	
CHEM 313	Organic Chemistry I	
CHEM 314	Organic Chemistry II	
CHEM 315	Organic Chemistry Laboratory	
PHYS 1230G	Algebra-Based Physics I	
PHYS 1230L	Algebra-Based Physics I Lab	
PHYS 1240G	Algebra-Based Physics II	
PHYS 1240L	Algebra-Based Physics II Lab	
SPMD 1110	Introduction to Athletic Training	
SPMD 1120	Medical Terminology	

SPMD 3350	Inferential Statistics in Sport and Exercise Science	
SPMD 4210	Advanced Exercise Physiology	
SPMD 4250	Principles of Strength and Conditioning	
SPMD 4250L	Principles of Strength and Conditioning Laboratory	
SPMD 4350	Exercise Testing and Prescription	
SPMD 4410	Exercise for Special Populations	
SPMD 4450	Pathophysiology and Human Function(s)	
SPMD 4510	Neurophysiology and Human Function	
SPMD 4520	Adapted Physical Education	
SPMD 4540	Psychology of Coaching in Sport	
SPMD 4620	Nutrition and Metabolism of Sport	
SPMD 4997	Problems	
SPMD 4998	Internship	
NUTR 2110	Human Nutrition	
NUTR 3110	Nutrition Throughout the Lifecycle	
NUTR 3750	Applied Nutrition Research	
NUTR 4110	Advanced Nutrition	
PSYC 2210	Abnormal Psychology	
PSYC 2120	Developmental Psychology	
PSYC 2220	Cognitive Psychology	
PSYC 3220	Learning	
PSYC 3410	Health Psychology	
PSYC 2250	Brain and Behavior	
PHLS 4720	Health Promotion for the Older Adult	
PHLS 4730	Adulthood and Aging	
BCHE 395	Biochemistry I	
CEPY 1120G	Human Growth and Behavior	
SPHS 2110	Introduction to Communication Disorders	
SPHS 3110V	Autism Spectrum Disorders - a Lifespan Perspective	

Total Credits **120-122**

- ¹ See the General Education (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/>) section of the catalog for a full list of courses
- ² A Mathematics General Education course is required for the degree but students may need to take developmental mathematics to enter the course of their choosing.
- ³ See the Viewing a Wider World (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list of courses
- ⁴ Courses used for PSYC minor cannot also be used for credit as electives.

A Suggested Plan of Study for Students

This roadmap assumes student placement in MATH 1220G College Algebra and ENGL 1110G Composition I. The contents and order of this roadmap may vary depending on initial student placement in mathematics and English. It is only a suggested plan of study for students and is not intended as a contract. Course availability may vary from fall to spring semester and may be subject to modification or change.

First Year**Semester 1**

		Credits
ENGL 1110G	Composition I	4
or ENGL 1110H	or Composition I Honors	
Choose one from the following:		4
BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory	
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	
PHYS 1230L	Algebra-Based Physics I Lab	
PSYC 1110G	Introduction to Psychology	3
Area VI: Creative and Fina Arts		3
SPMD 1310	Introduction to Kinesiology	3
Credits		17

Semester 2

Area I: English Comp Level 2		3
Area II: Mathematics		3-4
Choose one from the following:		4
BIOL 2110G & BIOL 2110L	Principles of Biology: Cellular and Molecular Biology and Principles of Biology: Cellular and Molecular Biology Laboratory	
CHEM 1225G	General Chemistry II Lecture and Laboratory for STEM Majors	
PHYS 1240G	Algebra-Based Physics II	
Area V: Humanities		3
SPMD 1350	Social Foundations of Physical Activity	3
Credits		16-17

Second Year**Semester 1**

Area I: Oral Communications		3
General Education Elective		3-4
SPMD 2210	Anatomy and Physiology I	3
SPMD 2210L	Anatomy and Physiology Laboratory	1
SPMD 2250	Fitness for Health and Sport	3
Viewing Wider World		3
Credits		16-17

Semester 2

SPMD 2225	Anatomy and Physiology II	3
SPMD 2225L	Anatomy and Physiology II Lab	1
SPMD 3410	Exercise Physiology	3
Psychology Course-See Psychology Dept Courses (3000/4000)		3
Choose one from the following:		3
A ST 311	Statistical Applications	
MATH 1350G	Introduction to Statistics	
MATH 2350G	Statistical Methods	
SPMD 3350	Inferential Statistics in Sport and Exercise Science	
Viewing Wider World		3
Credits		16

Third Year**Semester 1**

SPMD 3450	Biomechanics	3
SPMD 3450L	Biomechanics Laboratory	1
SPMD 3550	Psychology of Sport	3
SPMD 3650	Motor Development	3

Psychology Course-See Psychology Dept Courses (3000/4000)	3
Psychology Course-See Psychology Dept Courses (3000/4000)	3

Credits 16**Semester 2**

SPMD 3610	Health and Exercise Psychology	3
SPMD 3710	Motor Learning	3
Psychology Course-See Psychology Dept Courses (3000/4000)		3
Psychology Course-See Psychology Dept Courses (3000/4000)		3
Psychology Course-See Psychology Dept Courses (3000/4000)		3

Credits 15**Fourth Year****Semester 1**

Physical Education Course (PHED)		1
Physical Education Course (PHED)		1
Physical Education Course (PHED)		1
Kinesiology Approved Elective		3
Kinesiology Approved Elective		3
Kinesiology Approved Elective		3
Kinesiology Approved Elective: If Needed to enroll in 15 credits for Financial Aid		

Credits 12**Semester 2**

Kinesiology Approved Elective		3
Kinesiology Approved Elective		3
SPMD 4998	Internship	6
Kinesiology Approved Elective: If Needed to enroll in 15 credits for Financial Aid		

Credits 12**Total Credits 120-122**

¹ These courses may have prerequisites and/or co-requisites, and it is the students responsibility for checking and fulfilling all those requirements.

² See the General Education (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/>) section of the catalog for a full list of courses.

³ See the Viewing a Wider World (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list of courses.

⁴ A list of approved electives can be found at <https://kind.nmsu.edu/kin/> (<https://kind.nmsu.edu/>).