**KINESIOLOGY - BACHELOR OF SCIENCE IN KINESIOLOGY**

The Bachelor of Science in Kinesiology degree program can be completed in one of three concentration areas: Exercise Science, Performance Psychology or Physical Education. For the required number of concentration area credit hours see the program descriptions below. Regardless of the concentration, students are required to complete 120 total semester hours for the Kinesiology degree. Additionally, students pursuing a Kinesiology degree will be responsible to ensure that they complete 48 upper division credits (300 and 400 level courses). Kinesiology students must maintain a minimum 2.75 GPA in order to enroll in most upper division SP M and PE P courses. ENGL 111G, Area II courses, all Kinesiology Core courses, concentration courses and approved electives must be completed with a grade of C- or better.

Successful completion of the Kinesiology degree will support a variety of careers in health sciences, biomedical research, and teaching. Information about Kinesiology and potential employment opportunities may be obtained at the Department of Kinesiology and Dance in the Activity Center 204, phone 646-2215.

**Concentration: Exercise Science**

Students must complete all University degree requirements, which include: General Education requirements, Viewing a Wider World requirements, program requirements and elective credits to total at least 120 credits with 48 credits in courses numbered 300 or above. 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.

<table>
<thead>
<tr>
<th>Prefix</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>English Composition - Level 1</td>
<td>4</td>
</tr>
<tr>
<td>ENGL 111G</td>
<td>Rhetoric and Composition</td>
<td></td>
</tr>
<tr>
<td>ENGL 111GH</td>
<td>Rhetoric and Composition Honors</td>
<td></td>
</tr>
<tr>
<td>English Composition - Level 2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Oral Communication</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Area II: Mathematics</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>Area III/IV: Laboratory Sciences and Social/Behavioral Sciences</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Area III: Laboratory Science Courses (8 credits)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Area IV: Social/Behavioral Sciences Course (3 credits)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Area V: Humanities</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Area VI: Creative and Fine Arts</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>General Education Elective</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>Students who select A ST 251G, STAT 251G or STAT 271G as their Statistics course will have that course count as the General Education Elective requirement</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Viewing a Wider World**

**Departmental/College Requirements**

<table>
<thead>
<tr>
<th>Kinesiology Core</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP M 175</td>
<td>Introduction to Kinesiology</td>
</tr>
<tr>
<td>PE P 185</td>
<td>Social Foundations of Physical Activity</td>
</tr>
<tr>
<td>PE P 208</td>
<td>Fitness for Health and Sport</td>
</tr>
<tr>
<td>SP M 271</td>
<td>Anatomy &amp; Physiology I</td>
</tr>
<tr>
<td>SP M 271 L</td>
<td>Anatomy and Physiology Laboratory</td>
</tr>
<tr>
<td>SP M 305</td>
<td>Applied Biomechanics</td>
</tr>
<tr>
<td>SP M 305 L</td>
<td>Applied Biomechanics Laboratory</td>
</tr>
<tr>
<td>SP M 308</td>
<td>Exercise Physiology</td>
</tr>
<tr>
<td>SP M 342</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>SP M 371</td>
<td>Anatomy and Physiology II</td>
</tr>
<tr>
<td>SP M 371 L</td>
<td>Anatomy and Physiology II Lab</td>
</tr>
<tr>
<td>SP M 445</td>
<td>Internship</td>
</tr>
</tbody>
</table>

**Concentration Courses**

| SP M 303 | Health and Exercise Psychology |
| SP M 304 | Psychology of Sport |
| SP M 330 | Exercise Testing and Prescription |
| SP M 451 | Advanced Exercise Physiology |
| SP M 456 | Exercise for Special Populations |
| SP M 460 | Principles of Strength and Conditioning |
| SP M 460 L | Principles of Strength and Conditioning Laboratory |

**Non-Departmental Requirements (in addition to Gen.Ed/ VWW)**

Choose one from the following:

<table>
<thead>
<tr>
<th>Prefix</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>A ST 251G</td>
<td>Statistics for Business and the Behavioral Sciences</td>
</tr>
<tr>
<td>or STAT 251G</td>
<td>Statistics for Business and the Behavioral Sciences</td>
</tr>
<tr>
<td>STAT 271G</td>
<td>Statistics for Psychological Sciences</td>
</tr>
<tr>
<td>A ST 311</td>
<td>Statistical Applications</td>
</tr>
<tr>
<td>SP M 412</td>
<td>Inferential Statistics in Sport and Exercise Science</td>
</tr>
</tbody>
</table>

**Second Language: (not required)**

Electives, to bring the total credits to 120

<table>
<thead>
<tr>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
</tr>
</tbody>
</table>

Total Credits 120-122

1. See the General Education (http://catalogs.nmsu.edu/nmsu/essential-information-students/general-education-courses) 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 any prerequisites needed to enter the course of their choosing first.

3. Students who select A ST 311 Statistical Applications or SP M 412 Inferential Statistics in Sport and Exercise Science will need to take an additional General Education course to complete the requirement.

4. See the Viewing a Wider World (http://catalogs.nmsu.edu/nmsu/essential-information-students/general-education-courses) section of the catalog for a full list of courses

5. A list of approved electives can be found on the degree plans. (https://kind.nmsu.edu/kin)

Degree plans can be found at 1) Center for Academic Advising and Student Support (Garcia Annex), 2) College of Education (O’Donnell Hall) Advising Center, 3) Kinesiology Website (https://kind.nmsu.edu/kin/), 4) Kinesiology Department (Room 204, Activity Center), and/or 5) Program Director: Kinesiology

**Concentration: Performance Psychology: Minor in Psychology**

Students must complete all University degree requirements, which include: General Education requirements, Viewing a Wider World
requirements, program requirements and elective credits to total at least 120 credits with 48 credits in courses numbered 300 or above. 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.

Select the official Psychology Minor requiring 18 credit hours in PSY

Electives, to bring the total credits to 120

| Total Credits | 15 |

Note: Official minor documentation must be completed with the Department of Psychology.

## Concentration: Physical Education

Students must complete all University degree requirements, which include: General Education requirements, Viewing a Wider World requirements, and program requirements to total at least 120 credits with 48 credits in courses numbered 300 or above. 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.

Prefix | Title | Credits
---|---|---
**General Education** | **Area I: Communications** | 4
**English Composition - Level 1** | **ENGL 111G** | 3
| **Rhetoric and Composition** | **ENGL 111GH** | 3
| **Area II: Mathematics** | **1, 2** |
| **Area III/IV: Laboratory Sciences and Social/Behavioral Sciences** | **Area IV: Social/Behavioral Sciences Course (3 credits)** |
| **Area V: Humanities** | **3** |
| **Area VI: Creative and Fine Arts** | **3** |
| **General Education Elective** | **3-4** |

Choose one from the following: 3

- **A ST 251G** | Statistics for Business and the Behavioral Sciences
- **or STAT 251G** | Statistics for Business and the Behavioral Sciences
- **STAT 271G** | Statistics for Psychological Sciences
- **A ST 311** | Statistical Applications
- **SP M 412** | Inferential Statistics in Sport and Exercise Science

### Departmental/College Requirements

**Kinesiology Core** 39

- **SP M 175** | Introduction to Kinesiology
- **PE P 185** | Social Foundations of Physical Activity
- **PE P 208** | Fitness for Health and Sport
- **SP M 271** | Anatomy & Physiology I
- **SP M 271 L** | Anatomy and Physiology Laboratory
- **SP M 305** | Applied Biomechanics
- **SP M 305 L** | Applied Biomechanics Laboratory
- **SP M 308** | Exercise Physiology
- **SP M 342** | Motor Learning
- **SP M 371** | Anatomy and Physiology II
- **SP M 371 L** | Anatomy and Physiology II Lab
- **SP M 445** | Internship

### Concentration Courses 24

- **SP M 303** | Health and Exercise Psychology
- **SP M 304** | Psychology of Sport

### Non-Departmental Requirements (in addition to Gen.Ed/ VWW)

- **A ST 251G Statistical Applications** or **STAT 251G Statistics for Business and the Behavioral Sciences**
- **STAT 271G Statistics for Psychological Sciences**
- **A ST 311 Statistical Applications**
- **SP M 412 Inferential Statistics in Sport and Exercise Science**
MATH 210G Mathematics Appreciation 3
or MATH 142G Calculus for the Biological and Management Sciences

**Viewing a Wider World** 3
Must be from two different colleges, cannot be DANCE 451/V/HON 247V

**Departmental/College Requirements**

**Kinesiology Core (specific to Physical Education only)** 13
- PE P 185 Social Foundations of Physical Activity
- PE P 208 Fitness for Health and Sport
- SP M 271 Anatomy & Physiology I 4
- SP M 271 L Anatomy and Physiology Laboratory 4
- SP M 342 Motor Learning

**K-12 Physical Education Concentration Courses** 19
- PE P 319 Lifetime Activities
- PE P 323 Racquet Sports
- PE P 363 Theory and Technique of Lifelong Outdoor Leisure Activities
- PE P 392 Theory and Technique of Sports and Games
- PE P 393 Theory and Technique of Dance and Rhythms
- PE P 394 Designing Student Centered Afterschool Physical Activity Clubs
- SP M 324 Introduction to Exercise Science: Exercise Physiology and Biomechanics
- SP M 341 Motor Development

**Professional Education Courses** 28
- EDUC 181 Field Experience I 4
- C EP 210 Educational Psychology 4
- EDUC 315 Multicultural Education 4, 5
- SPED 350 Introduction to Special Education in a Diverse Society 4
- EDLT 368 Integrating Technology with Teaching 4
- PE P 315 Elementary School Physical Education
- RDG 414 Content Area Literacy 6
- PE P 455 Adapted Physical Education 6
- PE P 466 Methods of Teaching Secondary Physical Education 6

**Student Teaching** 12
- EDUC 471 Secondary Student Teaching 6
- EDUC 482 Middle and High School Student Teaching Seminar 6

**Non-Departmental Requirements (in addition to Gen.Ed./VWW)**

Choose two from the following: 6
- ANTH 120G Human Ancestors
- ANTH 125G Introduction to World Cultures
- ANTH 201G Introduction to Anthropology
- ANTH 202G World Archaeology
- ECON 201G Introduction to Economics
- ECON 251G Principles of Macroeconomics
- ECON 252G Principles of Microeconomics
- GEOG 112G World Regional Geography
- GEOS 120G Culture and Environment
- GOVT 100G American National Government
- GOVT 110G Introduction to Political Science
- GOVT 150G American Political Issues
- GOVT 160G International Political Issues
- HON 232G The Human Mind
- HON 237G Archaeology: Search for the Past
- HON 248G The Citizen and the State: Great Political Issues
- HON 249G American Politics in a Changing World
- JOUR 105G Media and Society
- LING 200G Introduction to Language
- PHL 150G Personal Health and Wellness
- PSY 201G Introduction to Psychology
- SWK 221G Introduction to Social Welfare
- SOC 101G Introductory Sociology
- SOC 201G Contemporary Social Problems
- W S 201G Introduction to Women's Studies
- W S 202G Representing Women Across Cultures

One additional Area V/VI: Humanities or Creative & Fine Arts Course (must be a different subject area than the course selected above) 2

**Second Language:** (not required)

Electives, to bring the total credits to 120 0

Total Credits 120

---

1. See the General Education (http://catalogs.nmsu.edu/nmsu/essential-information-students/general-education-courses) section of the catalog for a full list of courses
2. MATH 121G College Algebra or MATH 190G Trigonometry and Precalculus is required for the degree but students may need to take any prerequisites needed to enter either course first.
3. See the Viewing a Wider World (http://catalogs.nmsu.edu/nmsu/essential-information-students/general-education-courses) section of the catalog for a full list of courses
4. Pre/co-requisite to Teacher Ed program
5. Must be completed prior to Submission of TEP portfolio
6. Requires admission to Teacher Ed Program (TEP)