

KINESIOLOGY (EXERCISE SCIENCE) - BACHELOR OF SCIENCE IN KINESIOLOGY

Kinesiology is a great option and prepares students for many field in allied health. Career choices include, but are not limited to, medical school, physical and occupational therapy, athletic training, corporate health and wellness, chiropractic medicine, dentistry, optometry, 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. For the required 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 (3000 (300) and 4000 (400) level courses). Kinesiology students must maintain a minimum 2.75 GPA in order to enroll in most upper division SPMD courses. ENGL 1110G, 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, which include: General Education, Viewing a Wider World, and program specific courses to total a minimum of 120 credits. 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.

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 Honors	
ENGL 2215G	Advanced Technical and Professional Communication	
ENGL 2221G	Writing in the Humanities and Social Science	
<i>Oral Communication¹</i>		3
<i>Area II: Mathematics</i>		3-4
Choose one of the following:		
MATH 1220G	College Algebra	
MATH 1250G	Trigonometry & Pre-Calculus	
MATH 1430G	Applications of Calculus I	
MATH 1511G	Calculus and Analytic Geometry I	
<i>Area III/IV: Laboratory Sciences and Social/Behavioral Sciences</i>		11

Area III: Laboratory Science Courses (8 credits total)

Choose two from the following of the following (8 credits total): (BIOL 2110G/L recommended)

BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory
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BIOL 2110G & BIOL 2110L	Principles of Biology: Cellular and Molecular Biology and Principles of Biology: Cellular and Molecular Biology Laboratory
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CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors
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CHEM 1225G	General Chemistry II Lecture and Laboratory for STEM Majors
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PHYS 1230G & PHYS 1230L	Algebra-Based Physics I and Algebra-Based Physics I Lab
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PHYS 1240G & PHYS 1240L	Algebra-Based Physics II and Algebra-Based Physics II Lab
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Area IV: Social/Behavioral Sciences Course (3 credits)

PSYC 1110G	Introduction to Psychology
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Area V: Humanities¹ 3

Area VI: Creative and Fine Arts¹ 3

General Education Elective¹ 3-4

Viewing a Wider World⁴ 6

Departmental/College Requirements

Chose three of the following: 3

PHED 1230	Individual Sport:
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PHED 1290	Team Sport:
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PHED 1310	Swim I:
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PHED 1410	Yoga:
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PHED 1430	Pilates:
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PHED 1510	Training:
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PHED 1620	Fitness:
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PHED 1670	Aerobics:
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PHED 1830	Running:
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DANC 1130	Ballet I
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DANC 1131	Introduction to Ballroom Dance
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DANC 1140	Flamenco I
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DANC 1150	Modern Dance I
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DANC 1160	Jazz Dance I
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DANC 1161	Tap Dance I
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DANC 1185	Introduction to Country Western Dance
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DANC 1220	Introduction to Latin Social Dance
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DANC 1235	Introduction to West Coast Swing Dance
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DANC 2157	Hip-Hop Dance
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SPMD 1310	Introduction to Kinesiology	3
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SPMD 1350	Social Foundations of Physical Activity	3
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SPMD 2210	Anatomy and Physiology I	3
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SPMD 2210L	Anatomy and Physiology Laboratory	1
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SPMD 2250	Fitness for Health and Sport	3
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SPMD 3210	Anatomy and Physiology II	3
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SPMD 3210L	Anatomy and Physiology II Lab	1
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SPMD 3410	Exercise Physiology	3
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SPMD 3450	Biomechanics	3
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SPMD 3450L	Biomechanics Laboratory	1
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SPMD 3550	Psychology of Sport	3
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or SPMD 3610	Health and Exercise Psychology	
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SPMD 3650	Motor Development	3
SPMD 3710	Motor Learning	3
SPMD 4250	Principles of Strength and Conditioning	3
SPMD 4250L	Principles of Strength and Conditioning Laboratory	1
SPMD 4350	Exercise Testing and Prescription	3
SPMD 4410	Exercise for Special Populations	3
SPMD 4620	Nutrition and Metabolism of Sport	3
or SPMD 4210	Advanced Exercise Physiology	
SPMD 4998	Internship	6
Departmental Requirements (in addition to Gen.Ed/VWW)		
Choose one from the following: ³		
A ST 311	Statistical Applications	3
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 120⁵		
Choose from the following		
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	
PHYS 2230G	General Physics for Life Science I	
PHYS 2230L	Laboratory to General Physics for Life Science I	
PHYS 2240G	General Physics for Life Science II	
PHYS 2240L	Laboratory to General Physics for Life Science II	
SPMD 1110	Introduction to Athletic Training	
SPMD 1120	Medical Terminology	
SPMD 3350	Inferential Statistics in Sport and Exercise Science	
SPMD 3550	Psychology of Sport	
SPMD 3610	Health and Exercise Psychology	
SPMD 4210	Advanced Exercise Physiology	
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 320	Learning	
PSYC 325	Health Psychology	
PSYC 375	Psychology and the Brain	
PSYC 380	Perception	
PSYC 383	Memory	
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	

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 any prerequisites needed to enter the course of their choosing first.

³ Students who select A ST 311 Statistical Applications or SPMD 3350 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 (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list of courses

⁵ A list of approved electives can be found on the Department of Kinesiology website <https://kind.nmsu.edu/kin/> (<https://kind.nmsu.edu/>)

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 ¹	4
SPMD 1310	Introduction to Kinesiology	3
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 1230G	Algebra-Based Physics I	
PSYC 1110G	Introduction to Psychology	3
Area VI: Creative and Fine Arts		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 a Wider World Course ³		3
Credits		16-17
Semester 2		
SPMD 3210	Anatomy and Physiology II	3
SPMD 3210L	Anatomy and Physiology II Lab	1
SPMD 3650	Motor Development	3
Physical Education Course (PHED)		1
Physical Education Course (PHED)		1
Choose one from the following:		3
A ST 311	Statistical Applications	
MATH 2350G	Statistical Methods	
MATH 1350G	Introduction to Statistics	
SPMD 3350	Inferential Statistics in Sport and Exercise Science	
Viewing a Wider World Course ³		3
Credits		15
Third Year		
Semester 1		
SPMD 3410	Exercise Physiology	3
SPMD 3450	Biomechanics	3
SPMD 3450L	Biomechanics Laboratory	1
SPMD 3550 or SPMD 3610	Psychology of Sport or Health and Exercise Psychology	3
Kinesiology Approved Elective		3
Kinesiology Approved Elective		3
Credits		16
Semester 2		
SPMD 3710	Motor Learning	3
SPMD 4350	Exercise Testing and Prescription	3
SPMD 4620	Nutrition and Metabolism of Sport	3

Kinesiology Approved Elective	3
Kinesiology Approved Elective	3
Physical Education Course (PHED)	1
Credits	
16	

Fourth Year**Semester 1**

SPMD 4250 & 4250L	Principles of Strength and Conditioning and Principles of Strength and Conditioning Laboratory ¹	4
SPMD 4410	Exercise for Special Populations ¹	3
Kinesiology Approved Elective		3
Kinesiology Approved Elective		2
Students who need to be enrolled in 15 credits for Financial Aid purposes will need to take additional elective credits		
Credits		12

Semester 2

Kinesiology Approved Elective		3
Kinesiology Approved Elective		3
SPMD 4998	Internship ¹	6
Students who need to be enrolled in 15 credits for Financial Aid purposes will need to take additional elective credits		
Credits		12

Total Credits		120-122
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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 Select from approved Department list at <https://kind.nmsu.edu/kin/> (<https://kind.nmsu.edu/>).