

KINESIOLOGY (EXERCISE SCIENCE) - BACHELOR OF SCIENCE IN KINESIOLOGY

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		Credits
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		Credits
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		Credits
SPMD 3410	Exercise Physiology	3
SPMD 3450	Biomechanics	3
SPMD 3450L	Biomechanics Laboratory	1
SPMD 3550	Psychology of Sport	3
or SPMD 3610	or Health and Exercise Psychology	
Kinesiology Approved Elective		3
Kinesiology Approved Elective		3
Credits		16
Semester 2		Credits
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		Credits
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		Credits
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

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.

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⁴ Select from approved Department list at <https://kind.nmsu.edu/kin/>
(<https://kind.nmsu.edu/>).