



2026-2027 KINESIOLOGY: EXERCISE SCIENCE GUIDELINES

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. **Kinesiology students must maintain a minimum 2.75 GPA in order to enroll in most upper division SPMD courses.** 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 with 48 credits in upper division courses. 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 Math courses.

Exercise Science Concentration is the preferred pathway for anyone seeking careers in Allied Health Fields (e.g. medical doctor, physical therapy, occupational therapy, physician's assistant, dentistry, chiropractic, and athletic training). Exercise Science also is ideal for careers in strength and conditioning, personal training, and corporate health and wellness.

Information about Kinesiology and potential internship opportunities may be obtained at the Department of Kinesiology.

Catalog: <https://catalogs.nmsu.edu/nmsu/health-education-social-tranformation/kinesiology/kinesiology-exercise-science-bs-kinesiology/>

Department of Kinesiology
kind@nmsu.edu
 575-646-2215
 Activity Center, Room 204

NMSU Academic Advising
Advising@nmsu.edu
 575-646-2941
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4-YEAR ROADMAP

Year 1		31 Credits
ENGL 1110G	Composition I	4
MATH 1220G	College Algebra*	3
SPMD 1310	Introduction to Kinesiology	3
BIOL 2610G/L	Principles of Biology: Biodiversity, Ecology & Lab*	4
PHED 1230	Individual Sport: Pickle Ball*	1
SPMD 2250	Fitness for Health and Sport	3
SPMD 1350	Social Foundations of Physical Activity	3
CHEM 1215	General Chemistry (Stem majors)*	4
PSYC 1110G	Introduction to Psychology	3
COMM 1115G	Introduction to Communication	3
Year 2		32 Credits
ENGL 2210G	Professional and Technical Comm.	3
SPMD 3350	Inferential Statistics in Sport and Exercise Sci*	3
CHEM 1215G/L	General Chemistry II (Stem majors)*#	4
PHED 1310	Swim I*	1
SPMD 2110/L	Anatomy & Physiology I & Lab	4
SPMD 2225/L	Anatomy & Physiology II & Lab	4
SPMD 3410/L	Exercise Physiology & Lab	3-4
DANC 1110G	Dance Appreciation*- Area IV	3
SPMD 1120	Medical Terminology*#	3
PSYC 2120	Developmental Psychology*#	3
Year 3		31 Credits
SPMD 3650V	Motor Development	3
SPMD 3450/L	Biomechanics	4
SPMD 3550	Psychology of Sport	3
SPMD 4350	Exercise Testing and Percrition	3
PHYS 1230G/L	Algebra Based Physics & Lab*#	4
ANTH 357V	Medical Anthropology* VWW	3
SPMD 3710	Motor Learning	3
BIOL 2110G/L	Cellular and Molecular Biology & Lab*#	4
PHIL 2110G	Introduction to Ethics- Area 5	3
PHED 1510	Training*	1
Year 4		31 Credits
SPMD 4250/L	Principles of Strength & Cond. & Lab	4
SOCI 3620V	Sports and Society: A Global Perspective VWW*	3
SPMD 4410	Exercise for Special Populations	3
SPMD 4620	Nutrition and Metabolism of Sport	3
SPMD 3610	Health and Exercise Psychology*#	3
SPMD 4210	Advanced Exercise Physiology*#	3
SPMD 4998	Internship (Final Semester)	12

*Please see catalog for general education requirements

* indicate approved electives

Courses listed are **suggestions**