



2026-2027 KINESIOLOGY: PERFORMANCE PSYCHOLOGY 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.

Performance Psychology is the preferred pathway for anyone seeking careers that combine both kinesiology and psychology. This includes careers in mental and physical performance, allied health fields, and personal or corporate wellness. By majoring in Performance Psychology you will also complete the requirements for a minor in Psychology. Minors must be declared and you should talk to the Department of Psychology.

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-performance-psychology-bs-kinesiology/>

Department of Kinesiology

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4-YEAR ROADMAP

Year 1		30 Credits
ENGL 1110G	Composition I*	4
BIOL 2610G/L	Principles of Biology: Biodiversity, Ecology & Lab	4
SPMD 1310	Introduction to Kinesiology	3
COMM 1115G	Introduction to Communication	3
MATH 1220G	College Algebra*	3
SPMD 1350	Social Foundations of Physical Activity	3
CHEM 1215	General Chemistry I (Stem Majors)*	4
PSYC 1110G	Introduction to Psychology	3
ENGL 2210G	Professional and Technical Comm.*	3
Year 2		30 Credits
DANC 1110G	Dance Appreciation*- Area IV	3
SPMD 2110/L	Anatomy & Physiology I & Lab	4
SPMD 2250	Fitness for Health and Sport	3
PHIL 2110G	Introduction to Ethics- Area V	3
MATH 1350G	Introduction to Statisitcs**	3
SPMD 2225/L	Anatomy & Physiology II & Lab	4
SPMD 3410/L	Exercise Physiology & Lab	3-4
ANTH 357V	Medical Anthropology* VWV	3
PSYC 2120	Developmental Psychology*	3
Year 3		30 Credits
SPMD 3650V	Motor Development	3
SPMD 3450/L	Biomechanics and Lab	4
SPMD 3550	Psychology of Sport**	3
PSYC 2210	Abnormal Psychology*	3
PHED 1290	Team Sport*	1
PHED 1410	Yoga*	1
SPMD 1120	Medical Terminology*#	3
SPMD 3710	Motor Learning	3
PSYC 2220	Cognitive Psychology**	3
SPHS 2110	Introduction to Communication Disorders*#	3
CEPY 1120G	Human Growth and Behavior*#	3
Year 4		30 Credits
SPMD 3610	Health and Exercise Psychology**	3
SOCI 3620V	Sports and Society: A Global Perspective VWV*	3
PSYC 3110/L	Experimental Methods & Lab**	4
BIOL 2110 G/L	Principles of Biology: Cellular and Molecular & Lab	4
PHED 1510	Training	1
NUTR 2110	Human Nutrition*#	3
PSYC 3410	Health Psychology*	3
PSYC 3220	Learning*	3
SPMD 4998	Internship (Final Semester)	6

*Please see catalog for general education requirements

* indicate approved electives

** indicate **REQUIRED** psychology courses for the minor

Courses listed are **suggestions**