



2022-2023 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/>

Kinesiology Website: <https://kind.nmsu.edu/>

4-YEAR ROADMAP

Year 1		30 credits
ENGL 1110G	Composition I	4 cr.
ENGL 2210G	Professional & Technical Comm	3 cr.
BIOL 2110G/L	Biology: Cell & Molecular w/ Lab	4 cr.
SPMD 1310	Introduction to Kinesiology	3 cr.
SPMD 1350	Social Foundations of PA	3 cr.
SPMD 2250	Fitness for Health & Sport	3 cr.
MATH 1220G	College Algebra	3 cr.
PSYC 1110G	Introduction to Psychology	3 cr.
Area III	Laboratory Science Gen Ed w/ Lab	4 cr.
Year 2		30 credits
SPMD 2210/L	Anatomy & Physiology I w/ Lab	4 cr.
SPMD 3210/L	Anatomy & Physiology II w/ Lab	4 cr.
SPMD 3550	Psychology of Sport	3 cr.
SPMD 3350	Inferential Stats in Sport & Ex.	4 cr.
SPMD 3650	Motor Development	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
Area V	Humanities Gen Ed	3 cr.
GE Elective	General Education Elective	3 cr.
COMM115G	Introduction to Communications	3 cr.
Year 3		32 credits
Area IV	Creative & Fine Arts Gen Ed	3 cr.
VWW	Viewing a Wider World Gen Ed	3 cr.
VWW	Viewing a Wider World Gen Ed	3 cr.
SPMD 3450/L	Biomechanics w/ Lab	4 cr.
SPMD 3410	Exercise Physiology	3 cr.
SPMD 3710	Motor Learning	3 cr.
SPMD 4250	Prin of Strength & Cond w/ Lab	4 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
Year 4		30 credits
SPMD 4210	Advanced Exercise Physiology	3 cr.
SPMD 4350	Exercise Testing & Prescription	3 cr.
SPMD 4410	Exercise for Special Populations	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
SPMD 4998	Internship	12 cr.

This roadmap is just an example. You should work with advising and Kinesiology faculty with questions. You should also pay close attention to pre-requisites for graduate programs. Most of these pre-requisites can be counted as Kinesiology electives.