



**2022-2023 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/>

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		32 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 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.
MATH 1350G	Introduction to Statistics	3 cr.
COMM1115G	Introduction to Communications	3 cr.
PSYC	Psychology Elective	3 cr.
Year 3		31 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.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
PSYC	Psychology Course	3 cr.
PSYC	Psychology Course	3 cr.
Year 4		30 credits
SPMD 3610	Health & Exercise Psychology	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
KIN Elective	Approved Kinesiology Elective	3 cr.
PSYC	Psychology Course	3 cr.
PSYC	Psychology Course	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.