

**WESTERN NEW MEXICO UNIVERSITY**  
**Degree Plan - Movement Sciences Kinesiology Major (0834)**  
**Department of Wellness and Movement Sciences**

Student Name: \_\_\_\_\_ SSN #: \_\_\_\_\_ Tel #: \_\_\_\_\_ Degree Type  
 Address: \_\_\_\_\_ Email: \_\_\_\_\_  BS  BA  
 Catalog Authority: 2005-06 Expected Completion: \_\_\_\_\_ Advisor: \_\_\_\_\_

**GENERAL EDUCATION & STUDENT SUCCESS REQUIREMENTS (46-49)**

<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>	<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>
<b>Oral Communications (3)</b>			<b>Fine Arts (6)</b>		
Pick one of the following: COMM 110, THR 211, THR 250			Pick one of the following: ART 211, MUSC 111, THR 110		
Course: _____	(3)	_____	Course: _____	(3)	_____
<b>Written Communications (6)</b>			Pick at least 3 hours from any of the following:		
ENGL 101 Comp & Rhetoric I (3)	_____	_____	ART 101, 102, 103, 107, 205, 210,221,230,241,251,261,271		
ENGL 102 Comp & Rhetoric II (3)	_____	_____	MUSC 100, 101, 119, 151		
			THR 136, 211, 215, 250		
			Course: _____ ( ) _____		
<b>Mathematics (3 or 6)</b>			<b>History (3)</b>		
Pick one MATH course numbered 131 - 299 <b>or</b> Statistics			Pick one course from the following:		
<b>or</b> two MATH courses numbered below 131			HIST 111, 112, 201, 202		
Course: _____	( )	_____	Course: _____ (3) _____		
Course: _____	( )	_____			
<b>Laboratory Science (8)</b>			<b>Computer Area (3)</b>		
BIOL 101/103 Biology Gen Ed I (4)			Pick either CMPS 110 or 111, or take a challenge exam.		
CHEM 121/123 Chem for Life (4)	_____	_____	Course: _____ (3) _____		
<b>Social and Behavioral Sciences (6)</b>			<b>Physical and Mental Well-Being Area (2)</b>		
PSY 102 plus one course from the following:			Lifetime Wellness Activity - Pick one of the following:		
ANTH 201, 202		ECON 200, 201, 202	MVSC 103, 105, 109, 127, 157		
GEOG 202, 205		POLS 201 SOC 101, 102	Course: _____ (1) _____		
PSY 102 Gen'l Psychology (3)	_____	_____	MVSC 141 Intern Swimming (1) _____		
Course: _____	(3)	_____			
<b>Humanities (3)</b>			<b>Student Success Seminar</b>		
Pick one of the following: ENGL 200, 201, 205, 225, 240,			ACAD 101 Studnt Success Sem (3) _____		
ENGL 265, 293, 294, 296, 297					
Course: _____	(3)	_____	<b>Other Required Courses</b>		
			MVSC 240/242 A&P Kinesiolgy (4) _____		
			Student Outcomes Assessment completed <input type="checkbox"/> yes		

**BS Requirement (6)**

Math and/or Computer Science (any 2 courses beyond Gen. Ed)  
 and/or SOC/GEOG 323 Social Statistics  
 Course: \_\_\_\_\_ (3) \_\_\_\_\_  
 Course: \_\_\_\_\_ (3) \_\_\_\_\_

**or**

**BA Requirement (minimum of 3)**

Completion of one of the following: SPAN 202, SPAN 252,  
 SPAN 214 or any upper level Spanish course.  
 Course: \_\_\_\_\_ (3) \_\_\_\_\_  
 Course: \_\_\_\_\_ (3) \_\_\_\_\_

## Degree Plan - Movement Science Kinesiology Major

### MOVEMENT SCIENCE KINESIOLOGY CORE COURSES (36 hours)

<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>	<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>
MVSC 213 First Aid (2)	_____	_____	MVSC 440 Exercise Prescript (3)	_____	_____
MVSC 215 Prevent & Treatmnt (3)	_____	_____	MVSC 441 Princ of Condition (3)	_____	_____
MVSC 341/342 Physl of Exercs (4)	_____	_____	MVSC 481 Internship in MS (3)	_____	_____
MVSC 343 Biomechanics (3)	_____	_____	NUR 170 Pharmacology (3)	_____	_____
MVSC 400 Motor Behavior (3)	_____	_____	WELL 300 Nutrition/Diet Th (3)	_____	_____
MVSC 408 Assessmnt in MS (3)	_____	_____	WELL 350 Wellness Pr Mgmt (3)	_____	_____

### Additional Recommended Courses

BIOL 102/104 Biolg Gen Ed II (4)	_____	_____	MVSC 406 Sports Psychology (3)	_____	_____
BIOL 254/256 Anat & Phys I (4)	_____	_____	MVSC 445 Sport in Amer Cult (3)	_____	_____
BIOL 255/257 Anat & Phys II (4)	_____	_____	PHYS 151/153 Gen'l Physics I (4)	_____	_____
MATH 321 Statistics* (3)	_____	_____	WELL 464 Subst Use/Abuse (3)	_____	_____
MVSC 218 Intro to Coaching (3)	_____	_____	WELL 465 Wellness of Sr Pop (3)	_____	_____
MVSC 245 Hist & Phil in MS (2)	_____	_____			

\* may count for BS requirement

### Block Schedule - must be completed in order

<u>Block 1</u>	<u>area for credit</u>	<u>completed</u>	<u>Block 4</u>	<u>area for credit</u>	<u>completed</u>
MVSC 240/242 A&P Kinesiolgy (4)		<input type="checkbox"/>	MVSC 343 Biomechanics (3)	Core	<input type="checkbox"/>
			MVSC 441 Princ of Condition (3)	Core	<input type="checkbox"/>
<b><u>Block 2</u></b>			<b><u>Block 5</u></b>		
MVSC 213 First Aid (2)	Core	<input type="checkbox"/>	MVSC 440 Exercise Prescript (3)	Core	<input type="checkbox"/>
NUR 170 Pharmacology (3)	Core	<input type="checkbox"/>	MVSC 481 Internship in MS* (3)	Core	<input type="checkbox"/>
WELL 300 Nutrition/Diet Th (3)	Core	<input type="checkbox"/>	WELL 350 Wellness Pr Mgmt (3)	Core	<input type="checkbox"/>
<b><u>Block 3</u></b>			<b><u>Block 6</u></b>		
MVSC 215 Prevent & Treatmnt (3)	Core	<input type="checkbox"/>	MVSC 400 Motor Behavior (3)	Core	<input type="checkbox"/>
MVSC 341/342 Physl of Exercs (4)	Core	<input type="checkbox"/>	MVSC 408 Assessmnt in MS (3)	Core	<input type="checkbox"/>
			MVSC 481 Internship in MS* (3)	Core	<input type="checkbox"/>

\* MVSC 491 Internship may be taken in either Block 5 or 6

### MINOR DEGREE COURSES (18-24 hours outside the Movement Science discipline)

<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>	<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>
Course: _____ ( )	_____	_____	Course: _____ ( )	_____	_____
Course: _____ ( )	_____	_____	Course: _____ ( )	_____	_____
Course: _____ ( )	_____	_____	Course: _____ ( )	_____	_____
Course: _____ ( )	_____	_____	Course: _____ ( )	_____	_____

**Total Upper Division Hours (54 minimum required):** \_\_\_\_\_

(6 hours must be outside of major and minor disciplines)

**Total Writing Intensive Course Hours (minimum of 12 required):** \_\_\_\_\_

**Total Hours (128 minimum required):** \_\_\_\_\_ **Copy to Registrar on (date):** \_\_\_\_\_

**Original completed on (date):** \_\_\_\_\_ **Grad. Audit sent on (date):** \_\_\_\_\_

**Updated on (date):** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **date:** \_\_\_\_\_

**Advisor Signature:** \_\_\_\_\_ **date:** \_\_\_\_\_