# WESTERN NEW MEXICO UNIVERSITY

### Degree Plan - Kinesiology Major (0833)
### School of Allied Health

Student Name: _____ ID _____ Tel #: _____ Degree Type

Address: _____ Email: _____ ☐ BS

(complete - incl street, city, state, zip) _____ ☐ BA

Catalog Authority: 2018-19    Expected Completion: _____ Advisor: _____

*Deadline for Application for Graduation; June 1st for Fall; September 1st for Spring; February 1st for Summer.*

## GENERAL EDUCATION REQUIREMENTS (41)*

| Course(Credits) | Sem/Year | Grade |
|---|---|---|

**Area I - Oral Communications (3)**
Pick one of the following: COMM 110, THR 250
Course:_____ (3) _____ _____
or Transfer: TGE (COMM 175)

**Area I - Written Communications (6)**
ENGL 101 Comp & Rhetoric I   (3) _____ _____
ENGL 102 Comp & Rhetoric II   (3) _____ _____
or Transfer: TGE (ENGL 175) for ENGL 102 only

**Area II - Mathematics (3)**
MATH 105, 106, 107, 121, 131, 132 or 171
Course:_____ ( ) _____ _____
or Transfer: TGE (MATH 175)

**Area III - Laboratory Science (8)**
BIOL 101/103 Biol Hlth Sciences (4) _____ _____
CHEM 121/123 Chem for Life   (4) _____ _____
or TGE (BIOL 175, CHEM 175)

**Area IV - Social and Behavioral Sciences (6-9) \*\***
Pick 2 courses from different groups of the following:
1) ANTH 201, 202, 212/214; GEOG 201, 202, 205
2) ECON 200, 201, 202    3) POLS 201, 202
4) SOC 101, 102, BSAD 100, CJUS 111, SWK 101

PSY 102 General Psychology   (3) _____ _____
Course:_____ (3) _____ _____
Course:_____ (3) _____ _____
or Transfer TGE (ANTH 175, ECON 175, GEOG 175, POLS 175,
          PSY 175, SOC 175)

**Area V - Humanities and Fine Arts (9-12) \*\***
Pick 3-4 courses from at least 3 separate categories below:
  **1) History**         HIST 111, 112, 201, 202
Course:_____ (3) _____ _____
Course:_____ (3) _____ _____
   or Transfer: TGE (HIST 175)
  **2) Literature**      ENGL 150, 200, 205, 225, 265
                         ENGL 293, 296;   LALS 243
Course:_____ (3) _____ _____
Course:_____ (3) _____ _____
   or Transfer: TGE (ENGL 275)
  **3) Aesthetics (Art, Music, Theater)**
ART 103, 210, 211, 241, 261;   MUSC 111, 119;   THR 110, 136, 211
Course:_____ ( ) _____ _____
Course:_____ ( ) _____ _____
or Transfer: TGE (ART 175, MUSC 175, THR 175, HUM 175)
  **4) Philosophy**       PHIL 100, 101, 200
Course:_____ (3) _____ _____
Course:_____ (3) _____ _____
or Transfer: TGE (PHIL 175)

**Technology Literacy (3)**
CMPS 110, CMPS 111, ART 104, or take a challenge exam.
Course:_____ (3) _____ _____
or Transfer: TGE (CMPS 175)

\*   Includes 35 hours of the NM Common Core
     plus 6 additional WNMU hours
\*\*  The total credits from Area IV and Area V
     must be 18 hours.
Note:  TGE = Transferred General Education courses
     listed by HED or other transfer agreements,
     but with no WNMU equivalent

| **BS Requirement (6)** | **or** | **BA Requirement (minimum of 3 credit hours)** |
|---|---|---|

MATH 111 Intermediate Algebra (3) _____ _____
MATH 321 Statistics     (3) _____ _____

Complete any upper division Spanish course, or one of the
following: SPAN 202, BLED 431 **or** CLEP for four semesters
of Spanish.
Course:_____ (3) _____ _____
Course:_____ (3) _____ _____

# Degree Plan - Kinesiology Major

Student Outcomes Assessment completed          ☐ yes

## SUPPORTING COURSEWORK (2 credit hours)

| Course(Credits) | Sem/Year | Grade |
|---|---|---|
| KINS 213 First Aid (2) | | |

## KINESIOLOGY CORE COURSES (45 hours minimum)

| Course(Credits) | Sem/Year | Grade | Course(Credits) | Sem/Year | Grade |
|---|---|---|---|---|---|
| KINS 201 Intro to Kinesiology (3) | | | KINS 404 Psychology of Injury (3) | | |
| KINS 215 Prevent & Treatmnt (3) | | | KINS 408 Assessmnt in Mv Sc (3) | | |
| KINS 240 Kinesiology (3) | | | KINS 412 Skill Acquis/Lifespan (3) | | |
| KINS 300 Nutrition (3) | | | KINS 440 Ex Prescript/Spec Pop (3) | | |
| KINS 341 Physiology of Exercise (3) | | | KINS 441 Principles of Condition (3) | | |
| KINS 343 Biomechanics (3) | | | KINS 460 Exercise & Aging (3) | | |
| KINS 350 Wellness Pr Mgmt (3) | | | KINS 481 Internship in Kines (3) | | |
| KINS 400 Motor Learning/Contr (3) | | | | | |

### Additional Recommended Courses

| Course | Sem/Year | Grade | Course | Sem/Year | Grade |
|---|---|---|---|---|---|
| HLTH 460 Well/Prog/Plan/Eval (3) | | | PE 245 Hist & Phil in Mov Sci (3) | | |
| HLTH 465 Wellness of Sr Pop (3) | | | PE 406 Sports Psychology (3) | | |
| KINS 406 Adv Biomech Analysi (3) | | | PE 445 Sport in Amer Culture (3) | | |
| PE 218 Intro to Coaching (3) | | | | | |

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

Minor: _____     Number of Credits: _____

(attach degree plan worksheet for your minor, with course details)

## Upper Division outside Kinesiology and Other Courses (if taken)

| Course: | ( ) | | Course: | ( ) | |
|---|---|---|---|---|---|
| Course: | ( ) | | Course: | ( ) | |
| Course: | ( ) | | Course: | ( ) | |

**Service Learning 3 credits:** _____ **Sem/Year:** _____ **Grade:** _____

**Upper Division Hours (42 minimum):** _____ **Writing Intensive Hours (9 minimum):** _____

**Total Hours (120 minimum required):** _____ **Copy to Registrar:** date: _____

**Original completed:** date: _____ **Grad. Audit sent:** date: _____

**Updated:** _____

**Student Signature** _____ date: _____

**Advisor Signature** _____ date: _____