



Eastern New Mexico University  
College of Education and Technology  
2025-2027 Catalog  
Degree Guide Checklist

Major: Physical Education  
Emphasis: Health and Wellness

Minor: Recommended  
Degree: Bachelor of Science (B.S.)

This degree guide is a guide only and is subject to revision. Before enrolling in courses, consult with an adviser and review the current ENMU-Portales catalog.

All course requirements in the major must have a grade of "C" or better. All acceptable transfer work from a junior or community college will be recorded as lower division credit.

Note: The B.A. and B.S. degrees require 120 minimum total credit hours including 40 upper-division (300- or 400-level) hours and ENMU-Portales residency requirement (30 of the final 60 hours must be taken from ENMU-Portales). B.A. candidates must satisfy the language requirement (6-14 hours). Developmental and vocational/technical courses will not be counted toward graduation requirements.

**BACHELOR'S DEGREE REQUIREMENTS (6 hours)**

FYEX 1110 First-Year Seminar  
Diversity/Global Upper-Division

**GENERAL EDUCATION REQUIREMENTS (non-teaching) 31-33 hours**

**REQUIREMENTS IN KINESIOLOGY CORE (12 hours)**

Option 1 (12 hours):

HLED 1130 Concepts of Health/Wellness (Required for Health & Wellness Emphasis)  
HPE 145 Concepts in Physical Education  
FCST 318 Nutrition, Health and Fitness -OR- HPE 380 Fundamentals of Sports Management  
HPE 345 Physical Activity: Lat and Ethics  
HPE 490 Professional Review (for non-licensure)

Option 2 (12 hours):

SED 460 Student Teaching Secondary

**REQUIREMENTS FOR HEALTH AND WELLNESS EMPHASIS (49 hours)**

Required Courses (34 hours):

EXSC 2120 Structural Kinesiology  
HLED 2170/L Motor Behavior and Laboratory  
HLED/HPE Teaching Movement -- Choose TWO: HPE 298H, 298R, 298S, HLED 2320, 2330, -OR- 2340  
HPE 302 Curriculum/Program Planning in Health  
HPE 312/L Biomechanics and Laboratory  
HPE 411/L Motor Learning and Laboratory  
HPE 313/L Physiology of Exercise and Laboratory  
HPE 425 Contemporary Issues  
HPE 473 Health Education  
HPE 489 Internship in HPE

Required Theory Courses (15 hours):

Complete 15 hours of HPE theory courses, only one of which may be a "Coaching of" course.

**REQUIRED COURSES IN OTHER AREAS (8 hours)**

\* BIOL 2210/L Human Anatomy and Physiology I and Laboratory  
BIOL 2225/L Human Anatomy and Physiology II and Laboratory

\* May also be used to satisfy a General Education Requirement.

**ELECTIVES** as needed to satisfy requirement of 120 total credit hours.