



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

Major:	Physical Education	Minor:	Recommended
Emphasis:	Human Performance & Fitness	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 Human Performance 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 HUMAN PERFORMANCE EMPHASIS (47-48 hours)**

Required Courses (32-33 hours):

- EXSC 2120 Structural Kinesiology
- HLED 2170/L Motor Behavior and Laboratory
- HPE 312/L Biomechanics and Laboratory
- HPE 313/L Physiology of Exercise and Laboratory
- HPE 411/L Motor Learning and Laboratory
- HPE 425 Contemporary Issues
- EXSC 401/L Fitness Assessment and Prescription and Laboratory
- EXSC 400 Essentials of Strength and Conditioning -OR-
- EXSC 402/L Clinical Exercise Testing and Prescription and Laboratory
- 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 (12 hours)**

- \* BIOL 2210/L Human Anatomy and Physiology I and Laboratory
- BIOL 2225/L Human Anatomy and Physiology II and Laboratory
- \* PHYS 1230/L Algebra-Based Physics I and Laboratory

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

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