

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

Name of Program and Degree Award: Human Performance and Fitness, PhD
Hegis Number: 1299.00
Program Code: 44097

1. **Type of Change:** Change in Elective Courses

2. **From:**
Human Performance and Fitness, PhD

Admission Requirements

- Official transcripts from all post-secondary institutions attended
- A master's degree (or its equivalent) from an accredited college or university in an exercise-related field
- Demonstrated capability of independent research, such as completion of a thesis, presentation of a poster at a scientific conference and/or publication of a research paper.
- Approval of a faculty member willing to supervise the student's doctoral work. It is advisable for students to contact the professor that they are interested in working with prior to applying to the program.
- Submission of 2 letters of recommendation, at least one of which must be from a university professor who has directly taught and/or supervised the student.
- Submission of a personal statement of approximately 500 words discussing the applicant's preparation for doctoral work and interest in pursuing a scholarly career

Degree Requirements – Doctor of Philosophy

Type: Completion requirement

Earn 63 credits

Degree Requirements – Program Overview

The PhD degree in Human Performance and Fitness is a 63-credit on-campus program designed to prepare students in the areas of kinesiology, physiology, sports nutrition, and related exercise sciences for careers in research, education, and sport. Lehman College is the only public institution in NYC to offer a PhD degree program with an exercise-related focus. Moreover, it is the only PhD degree program in the greater New York metropolitan area specifically developed with a focus on enhancing human performance and fitness. This degree program is designed to equip students with the necessary skills and competencies required to become scholars in human health, fitness, and performance, and ultimately pursue practical, educational- and research-related opportunities in this realm. The program is a research-intensive degree where

students complete a large interventional study for fulfillment of their dissertation. Students will be encouraged to publish preliminary studies throughout their time in the program, with their dissertation study published following conference of the degree. To graduate from the program, students must complete a minimum of 51 doctoral credits pre-candidacy (beyond the master's level) and an additional 12 credits candidacy work, with an expected graduation in 4 to 5 years depending on the research topic and complexity of the study design(s).

Degree Requirements - Coursework

Type: Completion requirement

The following is a listing by terms of courses that comprise the Doctor of Philosophy in Human Performance and Fitness program. Coursework must include at least 6 credits in statistical-related coursework and 12 credits in research-based coursework for a total of 63 credits.

Core Courses (15 credits)		Credits
EXS 903	Research Design in Human Performance	3
EXS 920	Statistical Modeling for Research in Exercise Science	3
EXS 970	Research Practicum in Human Performance	3
EXS 975	Meta-Analysis Practicum	3
EXS 990	Doctoral Seminar	3
Elective Courses (36 credits)		Credits
EXS 901	Physical Activity, Exercise and Fitness in Research	3
EXS 902	Applied Exercise Physiology in Human Performance	3
EXS 904	Assessments for Exercise Research and Prescription.	3
EXS 905	Research in Sports Nutrition	3
EXS 906	Applied Training Methodologies in Human Performance	3
EXS 915	Methods in Biomechanical Analysis	3
EXS 916	Applied Concepts in Motor Learning and Performance	3
EXS 917	Evidence-Based Principles in Strength and Hypertrophy	3
EXS 921	Measurement in Sport & Exercise Science	3
EXS 940	Pedagogy in Exercise Science	3
EXS 965	Advanced Sport Psychology	3
MAT 582	Statistics for Students in Biological, Health, and Social Sciences	3
MAT 782	Mathematical Statistics	3
Dissertation (12 credits)		Credits
EXS 991	Dissertation 1	6
EXS 992	Dissertation 2	6

3. To: Human Performance and Fitness, PhD

Admission Requirements

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- Approval of a faculty member willing to supervise the student's doctoral work. It is advisable for students to contact the professor that they are interested in working with prior to applying to the program.
- Submission of 2 letters of recommendation, at least one of which must be from a university professor who has directly taught and/or supervised the student.
- Submission of a personal statement of approximately 500 words discussing the applicant's preparation for doctoral work and interest in pursuing a scholarly career

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EXS 915	Methods in Biomechanical Analysis	3
EXS 916	Applied Concepts in Motor Learning and Performance	3
EXS 917	Evidence-Based Principles in Strength and Hypertrophy	3
EXS 921	Measurement in Sport & Exercise Science	3
EXS 940	Pedagogy in Exercise Science	3
EXS 965	Advanced Sport Psychology	3
<u>EXS 980</u>	<u>Leadership in Research</u>	<u>3</u>
MAT 582	Statistics for Students in Biological, Health, and Social Sciences	3
MAT 782	Mathematical Statistics	3
Dissertation (12 credits)		Credits
EXS 991	Dissertation 1	6
EXS 992	Dissertation 2	6

4. **Rationale:**

Developing competency in conducting research studies is critical for aspiring scholars in the PhD program. While students must complete a dissertation at the conclusion of the program, there is currently no course in the program that prepares students for the skills required to carry out a research study from inception to completion. This elective course will help provide students with the skills and competencies necessary to design a study of interest, lead a research team through the data collection process, analyze and interpret findings, and prepare the resulting manuscript for journal submission.

5. **Date of departmental approval:** 2/3/2026

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CURRICULUM CHANGE

1. **Type of change:** New Course

Department(s)	Exercise Sciences and Recreation
Career	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Human Performance and Fitness
Course Prefix & Number	EXS 980
Course Title	Leadership in Research
Description	Design and conduct original research for publication in a scholarly journal. May be repeated for a maximum of 6 credits.
Pre/ Co Requisites	EXS 970
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **Rationale:**

Developing competency in the design and execution of research is essential for doctoral training in the PhD program. Although completion of a dissertation is a required culminating component, the current curriculum does not include a course specifically

dedicated to preparing students with the skills necessary to conduct an independent research study from inception through completion. While a Research Practicum (EXS 970) is offered, this experience is limited in scope, as students primarily serve in a research assistant role rather than assuming responsibility for leading a study.

This proposed elective course is intended to address this curricular gap by providing structured training in developing and executing a research project. Students will acquire competencies in study design, navigation of the Institutional Review Board (IRB) process, leadership of a research team during data collection, statistical analysis and interpretation of findings, and preparation of a manuscript suitable for submission to a peer-reviewed journal.

EXS 980 can be repeated up to six credits to accommodate students who need additional time to complete their research.

4. Learning Outcomes(By the end of the course students will be expected to):

1. Develop a proposal for an original research study and design its methods.
2. Navigate the IRB submission process to obtain approval for the study
3. Supervise a team of research assistants to carry out data collection.
4. Perform testing assessments on primary outcomes.
5. Analyze and interpret collected data.
6. Write a draft of the manuscript suitable for submission to a scholarly journal.

5. Date of Departmental Approval: 2/3/2026