

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

**DEPARTMENT OF EXERCISE SCIENCES AND RECREATION**

**CURRICULUM CHANGE**

1. **Type of Change:** Liberal Arts Designation

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [ ] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 260
Course Title	Fitness and Exercise for Life
Description	Study of health and skill related fitness; role of exercise and fitness as an integral component of a healthy lifestyle.
Pre/ Co Requisites	
Credits	2
Hours	2
Liberal Arts	[ ] 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. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [ ] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 260
Course Title	Fitness and Exercise for Life
Description	Study of health and skill related fitness; role of exercise and fitness as an integral component of a healthy lifestyle.
Pre/ Co Requisites	
Credits	2
Hours	2
Liberal Arts	<input checked="" type="checkbox"/> Yes [ ] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

After reviewing NYSED'S Definition of liberal arts and sciences courses, it was decided that this course would fall within the categories of natural and social sciences. It was determined to change this course to a liberal arts credit to ensure our students are able to obtain sufficient liberal arts credits within their degree. In addition, making this class a liberal arts credit may draw students from outside of the department of exercise sciences and recreation. The content of the Fitness and Exercise for Life course is essential for all college students, and it can be highly beneficial for their overall well-being and academic development.

5. **Date of departmental approval:** 12/02/2025

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

**DEPARTMENT OF EXERCISE SCIENCES AND RECREATION**

**CURRICULUM CHANGE**

1. **Type of Change:** Liberal Arts Designation

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [ ] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 240
Course Title	Nutrition and Health
Description	Nutrition as it relates to health and disease. Includes functions of nutrients; factors affecting nutrient intake, absorption, and utilization; and nutrient needs during the life cycle and illness. Basic knowledge in making personal dietary decisions, food safety and reasons for hunger at home and abroad.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[ ] 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. To: Underline the changes**

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [ ] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 240
Course Title	Nutrition and Health
Description	Nutrition as it relates to health and disease. Includes functions of nutrients; factors affecting nutrient intake, absorption, and utilization; and nutrient needs during the life cycle and illness. Basic knowledge in making personal dietary decisions, food safety and reasons for hunger at home and abroad.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes [ ] 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

**4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

After reviewing NYSED'S Definition of liberal arts and sciences courses, it was decided that this course would fall within the categories of natural and social sciences. It was determined to change this course to a liberal arts credit to ensure our students are able to obtain sufficient liberal arts credits within their degree. In addition, making this class

a liberal arts credit may draw students from outside of the department of exercise sciences and recreation. The content of the Nutrition and Health course is essential for all college students, and it can be highly beneficial for their overall well-being and academic development.

5. **Date of departmental approval:** 12/02/2025