LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

Name of Program and Degree Award: Exercise Science, BS
Hegis Number: 1299.30
Program Code: 32639 - EXS-BS

1. **Type of Change:** *Change in Degree Requirements and Name of Registered Degree Concentration*

2. **From:** ~~Strikethrough~~ the changes
Department Grading Policy
Students must earn a C- or above in all courses for the major and the minor. If the grade is lower, the student must repeat the course.

Major Requirements - Overall
Type: Completion requirement
~~Exercise and Movement Science~~
Earn at least 60.5 credits
The major field requirements include the completion of 42 credits in Exercise Science core courses; 12.5 credits in science courses; 3 credits in Health Sciences; and 3 credits in a Major Elective course

Pre-Physical Therapy
Earn at least 62 credits
The major field requirements include the completion of 33 credits in Exercise Science core courses; 29 credits in science courses.

Pre-Occupational Therapy
Earn at least 63.5 credits
The major field requirements include the completion of 33 credits in Exercise Science core courses; 21.5 credits in Science courses; and 9 credits in Psychology courses.

Major Requirements - ~~Exercise and Movement Science~~
Type: Completion requirement

Exercise Science (~~45~~ credits)
Complete ALL of the following Courses:
EXS 240 - Nutrition and Health
EXS 264 - Introduction to Exercise Science
EXS 265 - Behavioral Aspects of Physical Activity
EXS 315 - Kinesiology and Biomechanics

EXS 316 - Motor Learning
EXS 323 - Exercise Physiology
EXS 326 - Exercise Testing and Prescription for General & Special Populations
EXS 342 - Sports Nutrition
EXS 366 - Prevention & Care of Athletic Injuries
EXS 423 - Exercise Physiology II
EXS 424 - Principles and Practices of Fitness and Wellness Management
EXS 425 - Theory and Methods of Strength and Conditioning
EXS 430 - Research Methods and Statistics in Exercise Science
EXS 470 - Pre-Internship Seminar in Exercise Science
EXS 471 - Internship in Exercise Science I

Science (12.5 credits)
Complete ALL of the following Courses:
BIO 181 - Anatomy and Physiology I
BIO 182 - Anatomy and Physiology II
CHE 114 - Essentials of General Chemistry Lecture
CHE 115 - Essentials of General Chemistry Laboratory

~~Major Electives~~
~~Earn at least 3 credits~~
~~Select from EXS, REC, REH and THR, courses with approval of the adviser.~~

General Electives
Sufficient credits to reach a total of 120 credits required for graduation.

Additional Comments:
BS to MS Dual Credit Opportunity
Undergraduate students majoring in Exercise Science with 60 or more credits and a minimum of a (3.0) cumulative index and (3.0) index may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: course for EXS 326; course for EXS 342; course for EXS 315: course for EXS 316.The student must receive permission from the department prior to registration.

Major Requirements - Pre-Physical Therapy
Type: Completion requirement

Pre-requisites (4-6 credits)
MAT 172; or MAT 171 and MAT 108; or placement into calculus (MAT 175) is required in order to enroll in several courses required for the major. MAT 171 or MAT 172 can be used to fulfill the College Mathematical and Quantitative Reasoning Requirement.

Exercise Science (33 credits)
Complete ALL of the following Courses:
EXS 264 - Introduction to Exercise Science
EXS 265 - Behavioral Aspects of Physical Activity
EXS 315 - Kinesiology and Biomechanics

EXS 316 - Motor Learning
EXS 323 - Exercise Physiology
EXS 326 - Exercise Testing and Prescription for General & Special Populations
EXS 423 - Exercise Physiology II
EXS 425 - Theory and Methods of Strength and Conditioning
EXS 430 - Research Methods and Statistics in Exercise Science
EXS 470 - Pre-Internship Seminar in Exercise Science
EXS 471 - Internship in Exercise Science I

Science (29 credits)
Complete ALL of the following Courses:
BIO 181 - Anatomy and Physiology I
BIO 182 - Anatomy and Physiology II
CHE 166 - General Chemistry I
CHE 167 - General Chemistry Laboratory I
CHE 168 - General Chemistry 2
CHE 169 - General Chemistry Laboratory II
PHY 166 - General Physics I
PHY 167 - General Physics II

General Electives
Sufficient credits to reach a total of 120 credits required for graduation. BIO 166 and BIO 167, MAT 172, PSY 166 and PSY 217 are recommended electives.

Additional Comments:
BS to MS Dual Credit Opportunity
Undergraduate students majoring in Exercise Science with 60 or more credits and a minimum of a (3.0) cumulative index and (3.0) index may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: course for EXS 326; course for EXS 342; course for EXS 315: course for EXS 316.The student must receive permission from the department prior to registration.

Major Requirements - Pre-Occupational Therapy
Type: Completion requirement

Pre-requisites (4-6 credits)
MAT 172; or MAT 171 and MAT 108; or placement into calculus (MAT 175) is required in order to enroll in several courses required for the major. MAT 171 or MAT 172 can be used to fulfill the College Mathematical and Quantitative Reasoning Requirement.

Exercise Science Courses (33 credits)
Complete ALL of the following Courses:
EXS 240 - Nutrition and Health
EXS 264 - Introduction to Exercise Science
EXS 265 - Behavioral Aspects of Physical Activity
EXS 315 - Kinesiology and Biomechanics
EXS 316 - Motor Learning

EXS 323 - Exercise Physiology
EXS 326 - Exercise Testing and Prescription for General & Special Populations
EXS 425 - Theory and Methods of Strength and Conditioning
EXS 430 - Research Methods and Statistics in Exercise Science
EXS 470 - Pre-Internship Seminar in Exercise Science
EXS 471 - Internship in Exercise Science I

Science Courses (21.5 credits)
Complete ALL of the following Courses:
BIO 166 - Principles of Biology: Cells and Genes
BIO 181 - Anatomy and Physiology I
BIO 182 - Anatomy and Physiology II
CHE 114 - Essentials of General Chemistry Lecture
CHE 115 - Essentials of General Chemistry Laboratory
PHY 166 - General Physics I

Psychology courses (9 Credits)
Complete ALL of the following Courses:
PSY 166 - General Psychology
PSY 217 - Child Psychology
PSY 234 - Abnormal Psychology

General Electives
Sufficient credits to reach a total of 120 credits required for graduation. SOC 166 and PSY 219 are recommended electives.

Additional Comments:
BS to MS Dual Credit Opportunity

Undergraduate students majoring in Exercise Science with 60 or more credits and a minimum of a (3.0) cumulative index and (3.0) index may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: EXS 504 for EXS 326; EXS 505 for EXS 342; EXS 615 for EXS 315: EXS 616 for EXS 316.The student must receive permission from the department prior to registration.

3. **To:** Underline the changes
Department Grading Policy
Students must earn a C- or above in all courses for the major and the minor. If the grade is lower, the student must repeat the course.

Major Requirements - Overall
Type: Completion requirement
Strength and Conditioning in Human Performance
Earn at least 60.5 credits

The major field requirements include the completion of 42 credits in Exercise Science core courses; 12.5 credits in science courses; 3 credits in Health Sciences; and 3 credits in a Major Elective course

Pre-Physical Therapy
Earn at least 62 credits
The major field requirements include the completion of 33 credits in Exercise Science core courses; 29 credits in science courses.

Pre-Occupational Therapy
Earn at least 63.5 credits
The major field requirements include the completion of 33 credits in Exercise Science core courses; 21.5 credits in Science courses; and 9 credits in Psychology courses.

Major Requirements – Strength and Conditioning in Human Performance
Type: Completion requirement

Exercise Science (48 credits)
Complete ALL of the following Courses:
EXS 240 - Nutrition and Health
EXS 264 - Introduction to Exercise Science
EXS 265 - Behavioral Aspects of Physical Activity
EXS 315 - Kinesiology and Biomechanics
EXS 316 - Motor Learning
EXS 323 - Exercise Physiology
EXS 326 - Exercise Testing and Prescription for General & Special Populations
EXS 342 - Sports Nutrition
EXS 366 - Prevention & Care of Athletic Injuries
EXS 423 - Exercise Physiology II
EXS 424 - Principles and Practices of Fitness and Wellness Management
EXS 425 - Theory and Methods of Strength and Conditioning
EXS 430 - Research Methods and Statistics in Exercise Science
EXS 470 - Pre-Internship Seminar in Exercise Science
EXS 471 - Internship in Exercise Science I
EXS 472 – Internship in Exercise Science II

Science (12.5 credits)
Complete ALL of the following Courses:
BIO 181 - Anatomy and Physiology I
BIO 182 - Anatomy and Physiology II
CHE 114 - Essentials of General Chemistry Lecture
CHE 115 - Essentials of General Chemistry Laboratory

General Electives
Sufficient credits to reach a total of 120 credits required for graduation.

Additional Comments:
BS to MS Dual Credit Opportunity

Undergraduate students majoring in Exercise Science with 60 or more credits and a minimum of a (3.0) cumulative index and (3.0) index may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: course for EXS 326; course for EXS 342; course for EXS 315: course for EXS 316.The student must receive permission from the department prior to registration.

Major Requirements - Pre-Physical Therapy
Type: Completion requirement

Pre-requisites (4-6 credits)
MAT 172; or MAT 171 and MAT 108; or placement into calculus (MAT 175) is required in order to enroll in several courses required for the major. MAT 171 or MAT 172 can be used to fulfill the College Mathematical and Quantitative Reasoning Requirement.

Exercise Science (33 credits)
Complete ALL of the following Courses:
EXS 264 - Introduction to Exercise Science
EXS 265 - Behavioral Aspects of Physical Activity
EXS 315 - Kinesiology and Biomechanics
EXS 316 - Motor Learning
EXS 323 - Exercise Physiology
EXS 326 - Exercise Testing and Prescription for General & Special Populations
EXS 423 - Exercise Physiology II
EXS 425 - Theory and Methods of Strength and Conditioning
EXS 430 - Research Methods and Statistics in Exercise Science
EXS 470 - Pre-Internship Seminar in Exercise Science
EXS 471 - Internship in Exercise Science I

Science (29 credits)
Complete ALL of the following Courses:
BIO 181 - Anatomy and Physiology I
BIO 182 - Anatomy and Physiology II
CHE 166 - General Chemistry I
CHE 167 - General Chemistry Laboratory I
CHE 168 - General Chemistry 2
CHE 169 - General Chemistry Laboratory II
PHY 166 - General Physics I
PHY 167 - General Physics II

General Electives
Sufficient credits to reach a total of 120 credits required for graduation. BIO 166 and BIO 167, MAT 172, PSY 166 and PSY 217 are recommended electives.

Additional Comments:
BS to MS Dual Credit Opportunity
Undergraduate students majoring in Exercise Science with 60 or more credits and a minimum of a (3.0) cumulative index and (3.0) index may be permitted to enroll in up to

12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: course for EXS 326; course for EXS 342; course for EXS 315: course for EXS 316.The student must receive permission from the department prior to registration.

Major Requirements - Pre-Occupational Therapy
Type: Completion requirement

Pre-requisites (4-6 credits)
MAT 172; or MAT 171 and MAT 108; or placement into calculus (MAT 175) is required in order to enroll in several courses required for the major. MAT 171 or MAT 172 can be used to fulfill the College Mathematical and Quantitative Reasoning Requirement.

Exercise Science Courses (33 credits)
Complete ALL of the following Courses:
EXS 240 - Nutrition and Health
EXS 264 - Introduction to Exercise Science
EXS 265 - Behavioral Aspects of Physical Activity
EXS 315 - Kinesiology and Biomechanics
EXS 316 - Motor Learning
EXS 323 - Exercise Physiology
EXS 326 - Exercise Testing and Prescription for General & Special Populations
EXS 425 - Theory and Methods of Strength and Conditioning
EXS 430 - Research Methods and Statistics in Exercise Science
EXS 470 - Pre-Internship Seminar in Exercise Science
EXS 471 - Internship in Exercise Science I

Science Courses (21.5 credits)
Complete ALL of the following Courses:
BIO 166 - Principles of Biology: Cells and Genes
BIO 181 - Anatomy and Physiology I
BIO 182 - Anatomy and Physiology II
CHE 114 - Essentials of General Chemistry Lecture
CHE 115 - Essentials of General Chemistry Laboratory
PHY 166 - General Physics I

Psychology courses (9 Credits)
Complete ALL of the following Courses:
PSY 166 - General Psychology
PSY 217 - Child Psychology
PSY 234 - Abnormal Psychology

General Electives
Sufficient credits to reach a total of 120 credits required for graduation. SOC 166 and PSY 219 are recommended electives.

Additional Comments:
BS to MS Dual Credit Opportunity

Undergraduate students majoring in Exercise Science with 60 or more credits and a minimum of a (3.0) cumulative index and (3.0) index may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: EXS 504 for EXS 326; EXS 505 for EXS 342; EXS 615 for EXS 315: EXS 616 for EXS 316.The student must receive permission from the department prior to registration.

4. **Rationale (Explain how this change will impact learning outcomes of the department and Major/Program):**
The department of exercise sciences and recreation is changing the name of option 1 and replacing the major elective course with an additional internship course. This helps our program to meet the standards for CASCE accreditation, which we are seeking. Having CASCE accreditation would ensure that our students are able to sit for certification exams within the NSCA, one of the leading exercise science certifying organizations.

5. **Date of departmental approval:** March 3, 2026