

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

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

2.

Department(s)	Exercise Sciences and Recreation
Career	☒ Undergraduate ☐ Graduate
Academic Level	☒ Regular ☐ Compensatory ☐ Developmental ☐ Remedial
Subject Area	Human Performance and Fitness
Course Prefix & Number	EXS 410
Course Title	Exercise Pathophysiology
Description	Mechanisms of pathophysiology and their intersections with physiologic adaptations to exercise training.
Pre/ Co Requisites	EXS 423
Credits	3
Hours	3
Liberal Arts	☐ Yes ☒ No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	☒ Not Applicable ☐ Required ☐ English Composition ☐ Mathematics ☐ Science ☐ Flexible ☐ World Cultures ☐ US Experience in its Diversity

	☐ Creative Expression ☐ Individual and Society ☐ Scientific World
--	--

3. Rationale:

This course provides a higher level of understanding of how physical activity interacts with the pathophysiology of many chronic diseases for undergraduate students. This gives students an opportunity to better understand why physical activity helps prevent or treat many common chronic disease conditions. It equips students with course competencies required by the American College of Sports Medicine for students planning to sit for certifications.

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

At the end of the course, students should be able to:

- Describe the physiologic interactions between physical activity and many common chronic disease conditions
- Develop exercise training plans for individuals with various chronic disease conditions
- Choose appropriate exercise tests for individuals with chronic disease conditions given various signs/symptoms and/or common medications
- Explain the mechanisms for why performing physical activity is an effective means of preventing and/or treating various chronic disease conditions

5. Date of Departmental Approval: 05/05/2026

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** prerequisite/corequisite

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

Department(s)	Exercise Sciences and Recreation
Career	☒ Undergraduate ☐ Graduate
Academic Level	☒ Regular ☐ Compensatory ☐ Developmental ☐ Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 470
Course Title	Pre-Internship Seminar in Exercise Science
Description	Exercise Science students take the Pre-Internship Seminar to help them prepare for, find, and secure an internship for EXS 471 (Internship in Exercise Science). During the class, assistance will be provided in preparing a resume, cover letter, professional interviewing, finding, and securing a job, and developing professional communication. Co-requisite EXS 326 and permission of advisor
Pre/ Co Requisites	Co-requisite: EXS 326 and department consent
Credits	3
Hours	3
Liberal Arts	☐ Yes ☒ No
Course Attribute (e.g. Writing)	ELO - INTERN (Internship)

Intensive, WAC, etc)	
General Education Component	☒ Not Applicable ☐ Required ☐ English Composition ☐ Mathematics ☐ Science ☐ Flexible ☐ World Cultures ☐ US Experience in its Diversity ☐ Creative Expression ☐ Individual and Society ☐ Scientific World

3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	☒ Undergraduate [] Graduate
Academic Level	☒ Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 470
Course Title	Pre-Internship Seminar in Exercise Science
Description	Exercise Science students take the Pre-Internship Seminar to help them prepare for, find, and secure an internship for EXS 471 (Internship in Exercise Science). During the class, assistance will be provided in preparing a resume, cover letter, professional

	interviewing, finding, and securing a job, and developing professional communication.
Pre/ Co Requisites	<u>Pre-requisite or</u> Co-requisite: EXS 326 and department consent
Credits	3
Hours	3
Liberal Arts	[☐] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	ELO - INTERN (Internship)
General Education Component	<u>X</u> Not Applicable _____ Required _____ English Composition _____ Mathematics _____ Science _____ Flexible _____ World Cultures _____ US Experience in its Diversity _____ Creative Expression _____ Individual and Society _____ Scientific World

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

When EXS 470 was transitioned to a pre-internship course rather than the main internship course, the department made EXS 326 a co-requisite course. However, the intention was for EXS 326 to be a co-requisite or pre-requisite course. This curriculum

change is simply to correct that oversight. Students should be able to enroll in EXS 470 if they have previously taken EXS 326 or if they are currently enrolled in EXS 326.

5. **Date of departmental approval:** 05/05/2026