

**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

Effective Term: Spring 2027

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
EXS 980	Leadership in Research	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

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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
<u>EXS 950</u>	<u>Grant Writing to Fund Exercise Science Research</u>	<u>3</u>
EXS 965	Advanced Sport Psychology	3
EXS 980	Leadership in Research	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

4. **Rationale:**

External funding is an important component of scholarly productivity in exercise science-related disciplines. Researchers in exercise science increasingly operate in competitive funding environments that span federal agencies (e.g., NIH, NSF, DOD), foundations, professional organizations, industry partnerships, and institutional grant mechanisms. However, formal training in grant writing is often limited or absent in doctoral education.

EXS 950 is designed to address that gap by providing instruction in the development of competitive grant proposals in exercise science, kinesiology, and sports nutrition. Students will learn to conceptualize fundable research questions grounded in theory and prior evidence; align research aims with funding priorities; and articulate methodological rigor, feasibility, and impact in a manner consistent with peer-review expectations. Emphasis is placed on translating exercise science research—often rooted in applied physiology, biomechanics, health promotion, and nutrition—into proposals that resonate with reviewers from diverse scientific backgrounds.

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

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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 950
Course Title	Grant Writing to Fund Exercise Science Research
Description	Grant writing to obtain funding in the public and private sectors for exercise science-related research.
Pre/ Co Requisites	
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:**

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

1. **Identify and evaluate appropriate funding mechanisms** relevant to exercise science, kinesiology, and sports nutrition.
2. **Formulate fundable research questions and specific aims** that are grounded in theory, informed by empirical evidence, and aligned with sponsor priorities.
3. **Critically synthesize the scientific literature** to establish significance, innovation, and relevance within the context of competitive grant applications.
4. **Design methodologically rigorous and feasible research plans.**
5. **Develop complete grant proposals** that encompass narrative sections, budgets, budget justifications, and biosketches in accordance with sponsor guidelines.
6. **Revise grant applications** based on mock reviewer feedback, demonstrating effective resubmission strategies.
7. **Integrate grant writing into a coherent research trajectory**, connecting individual funding applications to doctoral training goals, dissertation research, and long-term scholarly development.

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