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, M.S.
Hegis Number: 1299.30
Program Code: 39966
Effective Term: Fall 2024

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

2. **From:**
Human Performance and Fitness, M.S. Program

Lehman College's M.S. in Human Performance and Fitness Program aims to equip students with the necessary skills and competencies required to function efficiently in the field of exercise science, and physical fitness and wellness. With personal health and fitness occupying much of our nation's attention, a graduate degree that ties together the studies of anatomy, kinesiology, physiology, sports nutrition and other related exercise science disciplines, is an excellent way to tap into a plentiful job market whose goal is the promotion of a healthier nation through exercise and fitness interventions. In addition, the program utilizes the Human Performance Laboratory, with its state-of-the-art equipment, and the additional resources of the APEX facility, including its fitness and weight training centers.

The program prepares students for careers in corporate and community fitness programs, health clubs, and similar fitness-related industries. Although the program does not fulfill teacher certification requirements, it is of particular appeal to public school teachers (primary and secondary) in health and physical education, who are required by New York State to obtain a master's degree for continued employment. Positions in sales or marketing of medical, fitness, sports supplements and sports-related equipment may also be appropriate for students with this degree. In addition, the program prepares students for doctoral programs in areas related to exercise science and to carry out research that advances the emerging body of literature in human health, fitness and performance.

Masters Requirements - Admission Requirements
Type: Completion Requirement

The following admission requirements apply for entry into the program:

- Bachelor's degree (or its equivalent) from an accredited college or university.

- Demonstration of the potential to pursue graduate study successfully—that is, attainment of a minimum undergraduate Grade Point Average (GPA) of 3.0 in the undergraduate record as a whole and a 3.0 in courses specific to exercise science. Extraordinary circumstances for applicants with a lower GPA will be considered on a case-by-case basis at the discretion of the program director.
- A minimum of 30 credit hours in exercise-related coursework. Those who do not meet these requirements can apply for special circumstances and admission will be considered on case-by-case basis. Viable candidates will be required to take leveling courses at the undergraduate level based on their academic background and then admitted conditionally provided they pass these courses.
- Submission of three letters of recommendation, at least two of which must be from a person directly involved in the field of exercise science, either as a professor, researcher, or practitioner.
- Submission of a personal statement of approximately 500 words indicating as precisely as possible the applicant's preparation for master's work and interest in pursuing a career in the fitness field.

Masters Requirement – Option I: Thesis

Type: Completion requirement

Fulfill ALL of the following requirements:
Core Courses (18 Credits)
Complete ALL of the following Courses:

		Credits
EXS 501	Physical Activity, Exercise and Fitness	3
EXS 502	Advanced Exercise Physiology	3
EXS 503	Advanced Research Methods in Exercise Science	3
EXS 504	Advanced Exercise Testing and Prescription	3
EXS 505	Advanced Sports Nutrition	3
EXS 506	Applied Training Methodologies	3

Elective Courses (9 Credits)
Earn at least 9 credits from the following:

		Credits
EXS 615	Advanced Kinesiology and Biomechanics	3
EXS 616	Advanced Motor Learning and Performance	3
EXS 617	Advanced Training Methods for Strength and Hypertrophy	3
EXS 620	Advanced Statistical Methods in Exercise Science	3
EXS 626	Fitness Management and Marketing	3
EXS 665	Psychology of Sport	3
EXS 670	Research Practicum in Applied Exercise Science	3
EXS 675	Independent Study Project	3
EXS 680	Selected Topics in Exercise Science	3
HEA 600	Biostatistics	3

Thesis (6 Credits)
Complete ALL of the following Courses:

		Credits
EXS 790	Thesis Workshop 1	3
EXS 791	Thesis Workshop 2	3

Masters Requirements - Option 2: Capstone Project

Type: Completion requirement
Fulfill ALL of the following requirements:
Core Courses (18 Credits)

		Credits
EXS 501	Physical Activity, Exercise and Fitness	3
EXS 502	Advanced Exercise Physiology	3
EXS 503	Advanced Research Methods in Exercise Science	3
EXS 504	Advanced Exercise Testing and Prescription	3
EXS 505	Advanced Sports Nutrition	3
EXS 506	Applied Training Methodologies	3

Elective Courses (12 Credits)
Earn at least 12 credits from the following:

		Credits
EXS 615	Advanced Kinesiology and Biomechanics	3
EXS 616	Advanced Motor Learning and Performance	3
EXS 617	Advanced Training Methods for Strength and Hypertrophy	3
EXS 620	Advanced Statistical Methods in Exercise Science	3
EXS 626	Fitness Management and Marketing	3
EXS 665	Psychology of Sport	3
EXS 670	Research Practicum in Applied Exercise Science	3
EXS 675	Independent Study Project	3
EXS 680	Selected Topics in Exercise Science	3
HEA 600	Biostatistics	3

Capstone Project (3 Credits)
Complete ALL of the following Courses:

		Credits
EXS 795	Capstone Project Workshop	3

3. **To:**
Human Performance and Fitness, M.S. Program

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the field of exercise science, and physical fitness and wellness. With personal health and fitness occupying much of our nation's attention, a graduate degree that ties together the studies of anatomy, kinesiology, physiology, sports nutrition and other related exercise science disciplines, is an excellent way to tap into a plentiful job market whose goal is the promotion of a healthier nation through exercise and fitness interventions. In addition, the program utilizes the Human Performance Laboratory, with its state-of-the-art equipment, and the additional resources of the APEX facility, including its fitness and weight training centers.

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Masters Requirements - Option 1: Thesis
Type: Completion requirement

Fulfill ALL of the following requirements:

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Complete ALL of the following Courses:

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HEA 600	Biostatistics	3

Thesis (6 Credits)
Complete ALL of the following Courses:

		Credits
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Masters Requirement - Option 2: Capstone Project

Type: Completion requirement

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Complete ALL of the following Courses:

		Credits
EXS 795	Capstone Project Workshop	3

4. **Rationale (Explain how this change will impact learning outcomes of the department and Major/Program):**
The master's program in Human Performance and Fitness is in need of additional electives to give students a choice in the courses they take outside of core requirements. Many students in the Human Performance and Fitness program aspire to pursue a career as college professors or work as an adjunct instructor to supplement their full-time job. However, students of Human Performance and Fitness generally come from exercise science, physiology, nutrition, or biology backgrounds, with minimal experience in pedagogy. Currently, there is no course in the graduate program that prepares students for teaching within the field of higher education. This elective course will help provide students with the skills and competencies necessary to effectively teach at the college level.

5. **Date of departmental approval:** 1/30/2024

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CURRICULUM CHANGE

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

Department(s)	Exercise Sciences and Recreation
Career	[ ] Undergraduate [X] Graduate
Academic Level	[X] Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Human Performance and Fitness
Course Prefix & Number	EXS 640
Course Title	Pedagogy in Health Sciences
Description	Develop a teaching philosophy and acquire skills and strategies for effective instruction of exercise-related courses at the university level.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[ ] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	_X__ 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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pursue a career as college professors or work as an adjunct instructor to supplement their full-time job. However, students of Human Performance and Fitness generally come from exercise science, physiology, nutrition, or biology backgrounds, with minimal experience in pedagogy. Currently, there is no course in the graduate program that prepares students for teaching within the field of higher education. This elective course will help provide students with the skills and competencies necessary to effectively teach at the college level.

4. **Learning Outcomes (By the end of the course students will be expected to):**
   - Develop a cohesive teaching philosophy.
   - Design course learning objectives and lesson plans.
   - Develop strategies to optimize student engagement.
   - Analyze different learning styles and their application to instruction.
   - Integrate technology into the learning environment.
   - Create a learning experience that extends outside of the classroom.

5. **Date of Departmental Approval:** 1/30/2024