LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK

Department of Health Sciences

Curriculum Change

Hegis # 1299.30
Program Code: 32639

1. **Type of Change:** Change in prerequisites

2. **From:** EXS 315 Kinesiology and Biomechanics (3 hrs, 3 cr)

   3 hours, 3 credits. Study and application of anatomic and mechanical principles of human movement. PREREQ: BIO 181-182.

3. **To:** EXS 315 Kinesiology and Biomechanics (3 hrs, 3 cr)

   3 hours, 3 credits. Study and application of anatomic and mechanical principles of human movement. PREREQ: BIO 181-182 and EXS 264.

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

   EXS 264 provides the foundation for all 300-level Exercise Science courses. As a prerequisite, it insures students enroll in courses in the proper sequences

5. **Date of departmental approval:**
   May 9, 2012
LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK

Department of Health Sciences

Curriculum Change

Hegis # 1299.30
Program Code: 32639

1. **Type of Change:** Change in prerequisites

2. **From:** EXS 316 Motor Learning (3 hrs, 3 cr)

   *3 hours, 3 credits.* Effects of psychological, social maturational, and neurophysiological factors on the learning and performance of movement patterns. PREREQ: BIO 181-182.

3. **To:** EXS 316 Motor Learning (3 hrs, 3 cr)

   *3 hours, 3 credits.* Effects of psychological, social maturational, and neurophysiological factors on the learning and performance of movement patterns. PREREQ: BIO 181-182 and EXS 264.

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

   EXS 264 provides the foundation for all 300-level Exercise Science courses. As a prerequisite, it insures students enroll in courses in the proper sequences.

5. **Date of departmental approval:**
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LEHMANN COLLEGE
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Curriculum Change

Hegis # 1299.30
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1. **Type of Change**: Change in course name and the prerequisites

2. **From**: EXS 323 Exercise Physiology (3 hrs, 3 cr)

   3 hours, 3 credits. Human anatomy and physiology as related to physical activity, exercise, and work. Study of the musculoskeletal, cardiovascular, and pulmonary systems; bioenergetics; body composition, anatomy, and physiology of aging, and health-related benefits. PREREQ: **BIO 181-182**.

3. **To**: EXS 323 Exercise Physiology I (3 hrs, 3 cr)

   3 hours, 3 credits. Human anatomy and physiology as related to physical activity, exercise, and work. Study of the musculoskeletal, cardiovascular, and pulmonary systems; bioenergetics; body composition, anatomy, and physiology of aging, and health-related benefits. PREREQ: **BIO 181-182** and EXS 264.

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

   EXS 264 provides the foundation for all 300-level Exercise Science courses. As a prerequisite, it insures students enroll in courses in the proper sequences. The “I” is added to the title to bring it in line with EXS 423 Exercise physiology II.

5. **Date of departmental approval**:
   May 9, 2012
LEHMAN COLLEGE  
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Curriculum Change  

Hegis #  1299.30  
Program Code: 32639  

1. **Type of Change:** Change in course title and course description  

2. **From:** EXS 264 Physical Fitness and Exercise (3 hrs, 3 cr)  

   3 hours, 3 credits. Nature and scope of the health-related aspects of physical fitness, emphasizing assessment, self-management skills, and the importance of a healthy lifestyle, as applied to individual and group fitness settings.  

3. **To:** EXS 264 Introduction to Exercise Science (3 hrs, 3 cr)  

   3 hours, 3 credits: Orientation to the field of Exercise Science, professional roles, nature, scope and significance of physical activity and exercise. Basic concepts of fitness and assessment as applied to individuals and unique groups.  

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

   This change in course title and description better reflects the content of the course and provides a more comprehensive overview of Exercise Science for students interested in the field.  

5. **Date of departmental approval:**  

   May 9, 2012
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Department of Health Sciences

Curriculum Change

Hegis # 1299.30
Program Code: 32639

1. **Type of Change**: Change in requirements for B.S. degree in Exercise Science.

2. **From**:

**MAJOR REQUIREMENTS**: ......................................................(61 credits)

The major field requirements include the completion of a 31 credits Exercise Science core courses, 4 credits in the Math 132 course, 17 credits in science courses, 6 credits in Health Sciences courses and 3 credits in a Major Elective course.

a.  *Exercise Science Courses*  .................................................................................. 31 credits

[EXS 264 Physical Fitness and Exercise ............................................................3 credits]
EXS 265 Behavioral Aspects of Exercise and Physical Activity ............3 credits
EXS 315 Kinesiology/Biomechanics ...............................................................3 credits
EXS 316 Motor Learning and Performance ...............................................3 credits
EXS 323 Exercise Physiology I .................................................................3 credits
EXS 326 Exercise Testing and Prescription ...........................................3 credits
EXS 423 Exercise Physiology II .................................................................3 credits
EXS 424 Principles and Practices of Fitness and Wellness Programming ....3 credits
EXS 425 Theory and Methods of Strength and Conditioning ..........3 credits
EXS 470 Internship in Exercise Science I ...................................................[2] credits
EXS 471 Internship in Exercise Science II ...................................................[2] credits
b. Mat 132 ..................................................................................... 4 credits

c. Science Courses .................................................................... 17 credits
   BIO 181 Anatomy & Physiology I ........................................ 4 credits
   BIO 182 Anatomy & Physiology II ........................................ 4 credits
   CHE 114 Essentials of General Chemistry - Lecture .......... 3 credits
   CHE 115 Essentials of General Chemistry - Laboratory ...... 1.5 credits
   [CHE 120 Essentials of Organic Chemistry - Lecture ........... 3 credits]
   [CHE 121 Essentials of Organic Chemistry - Laboratory ...... 1.5 credits]

d. Health Sciences Courses ...................................................... 6 credits
   HSD 269 Fundamentals of Biostatistics for Health Professionals... 3 credits
   HSD 240 Nutrition and Health ............................................. 3 credits

e. Major Electives ..................................................................... 3 credits
   Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with approval of the advisor

GENERAL ELECTIVES ................................................................. (3 - 15 credits)

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

TOTAL CREDITS REQUIRED FOR DEGREE: .................. 120 credits

3. To:

Option 1: Exercise and Movement Science

MAJOR REQUIREMENTS: ..........................................................(61.5 credits)

The major field requirements include the completion of a 36 credits Exercise Science core courses, 4 credits in the Math 132 course, 12.5 credits in science courses, 6 credits in Health Sciences courses and 3 credits in a Major Elective course.
b. Exercise Science Courses .................................................................36 credits

EXS 264 Introduction to Exercise Science ..............................................3 credits
EXS 265 Behavioral Aspects of Exercise and Physical Activity ............3 credits
EXS 315 Kinesiology/Biomechanics ......................................................3 credits
EXS 316 Motor Learning and Performance ............................................3 credits
EXS 323 Exercise Physiology I ...............................................................3 credits
EXS 326 Exercise Testing and Prescription ............................................3 credits
EXS 423 Exercise Physiology II ............................................................3 credits
EXS 424 Principles and Practices of Fitness and Wellness Programming ....3 credits
EXS 425 Theory and Methods of Strength and Conditioning ..............3 credits
EXS 430 Research Methods in Exercise Science ....................................3 credits
EXS 470 Internship in Exercise Science I .............................................3 credits
EXS 471 Internship in Exercise Science II .............................................3 credits

b. Mat 132 ..............................................................................................4 credits

c. Science Courses ................................................................................12.5 credits

BIO 181 Anatomy & Physiology I .........................................................4 credits
BIO 182 Anatomy & Physiology II .........................................................4 credits
CHE 114 Essentials of General Chemistry - Lecture .........................3 credits
CHE 115 Essentials of General Chemistry - Laboratory ....................1.5 credits

d. Health Sciences Courses .................................................................6 credits

HSD 269 Fundamentals of Biostatistics for Health Professionals ........3 credits
HSD 240 Nutrition and Health .............................................................3 credits

e. Major Electives ................................................................................3 credits

Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with
approval of the advisor

GENERAL ELECTIVES ...........................................................................

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

TOTAL CREDITS REQUIRED FOR DEGREE: .....................120 credits
Option 2: Pre-Physical Therapy

MAJOR REQUIREMENTS: ................................................................. (62 credits)

The major field requirements include the completion of a 30 credits Exercise Science core courses, 4 credits in the Math 132 course, 28 credits in science courses.

a. Exercise Science Courses ................................................................. 30 credits

EXS 264 Introduction to Exercise Science ........................................... 3 credits
EXS 265 Behavioral Aspects of Exercise and Physical Activity ............ 3 credits
EXS 315 Kinesiology/Biomechanics .................................................... 3 credits
EXS 316 Motor Learning and Performance ......................................... 3 credits
EXS 323 Exercise Physiology I ............................................................ 3 credits
EXS 326 Exercise Testing and Prescription ......................................... 3 credits
EXS 423 Exercise Physiology II ......................................................... 3 credits
EXS 425 Theory and Methods of Strength and Conditioning ............. 3 credits
EXS 470 Internship in Exercise Science I ............................................. 3 credits
EXS 471 Internship in Exercise Science II .......................................... 3 credits

b. Math 132 ......................................................................................... 4 credits

c. Science Courses ............................................................................ 28 credits

BIO 181 Anatomy & Physiology I ..................................................... 4 credits
BIO 182 Anatomy & Physiology II .................................................... 4 credits
CHE 166 General Chemistry I- Lecture ............................................. 3 credits
CHE 167 General Chemistry - Laboratory ......................................... 2 credits
CHE 168 General Chemistry II- Lecture .......................................... 3 credits
CHE 169 General Chemistry - Laboratory II .................................... 2 credits
PHY 166 General Physics I .............................................................. 5 credits
PHY 167 General Physics II .............................................................. 5 credits

GENERAL ELECTIVES .................................................................

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

BIO 166 and 167 (8 credits), Math 172 (4 credits), PSY 166 (3 credits) and PSY 217 (3 credits) are recommended electives.

TOTAL CREDITS REQUIRED FOR DEGREE ....................... 120 credits
4. **Rationale (Explain how this change will impact learning goal and objectives of the department and Major/Program):**

In **option I**, CHE 120 and 121 Organic Chemistry are no longer required which is in accordance with many programs nationwide. EXS 430: Research Methods in Exercise Science is now required so students can learn the research and evaluation methods important in their discipline.

The change in course title and description of EXS 264 better reflects the content of the course and provides a more comprehensive overview of Exercise Science for students interested in the field.

EXS 470 and 471 Internship I and II respectively were listed as 2 credits in this section of the catalog but they are listed as 3 credits officially. This corrects a typographical error.

The **new option II**, developed with the College’s pre-health advisor, ensures that students have the necessary pre-requisites for Physical Therapy programs and provides a clear delineation of the path they need to take, since many students in the Exercise Science major are planning to go to graduate school for Physical Therapy.

5. **Date of departmental approval:**
   May 9, 2012