

**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

Effective Term: Fall 2024

1. **Type of Change:** Addition of new option

2. **From:**
Exercise Science B.S. (60.5 – 68 Credit Major)

Lehman College BS in Exercise Science program offers two tracks: Pre-physical Therapy, and Exercise and Movement Science. The program utilizes the Human Performance Laboratory with its state-of-the-art equipment and the additional resources of the APEX facility, including the fitness and weight training centers.

Exercise science, the study of physiological and functional adaptations to movement, encompasses a wide variety of disciplines including, but not limited to: Exercise Physiology, Sports Nutrition, Sport Psychology, Motor Control/Development, and Biomechanics. The study of these disciplines is integrated into the academic preparation of exercise science professionals. Exercise science professionals work in health services and the fitness industry and are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. They conduct these activities in health care, university, corporate, commercial and community settings where their clients participate in health promotion and fitness-related activities.

Career opportunities for individuals graduating with an undergraduate degree in exercise science are numerous. Common career tracks range from the exercise practitioner in fitness and/or clinical settings to that of a test technologist in a clinical setting. Additionally, career opportunities in residential spas (defined as facilities that include a fitness and nutrition component) include fitness director, health and fitness instructors, and personal trainers.

Also, students often pursue graduate degrees in exercise science, leading to management level positions in fitness or wellness settings or as research assistants. In addition, other disciplines find it helpful to include coursework in the exercise sciences. A degree in exercise science is also a very appropriate background for those going into fields such as medicine, sports medicine, physical therapy, athletic training, occupational therapy or exercise physiology.

Aside from the workplace, the exercise science professional may seek employment opportunities in wellness settings including schools, medical sites, YMCAs, YWCAs, Boys and Girls Clubs, and community centers. Additional wellness opportunities can be found in nursing homes, recreation departments, aquatic centers, health management systems, and lifestyle management organizations.

Alternative wellness careers include massage therapy, aromatherapy, reflexology, herbology, osteopathy, and yoga, to name a few.

Honors in Exercise Science

Departmental honors in Exercise Science may be awarded to a student who has maintained an index of 3.5 in a minimum of 45 credits in all courses required for the major.

Option 1: Exercise and Movement Science

Major Requirements (60.5 credits). The major field requirements include the completion of 45 credits in Exercise Science core courses; 12.5 credits in science courses; and 3 credits in a Major Elective course.

a. Exercise Science Courses (45 credits):

		Credits
EXS 240	Nutrition and Health	3
EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3
EXS 315	Kinesiology and Biomechanics	3
EXS 316	Motor Learning	3
EXS 323	Exercise Physiology I	3
EXS 326	Exercise Testing and Prescription	3
EXS 342	Sports Nutrition	3
EXS 423	Exercise Physiology II	3
EXS 424	Princ.& Prac. of Fitness & Wellness Programming	3

EXS 425	Theory and Methods of Strength and Conditioning	3
EXS 427	Application of Training Principles	3
EXS 430	Research Methods and Statistics in Exercise Science	3
EXS 470	Pre-Internship Seminar in Exercise Science	3
EXS 471	Internship in Exercise Science	3

b. Science Courses (12.5 credits)

		Credits
BIO 181	Anatomy and Physiology I	4
BIO 182	Anatomy and Physiology II	4
CHE 114	General Chemistry I	3
CHE 115	General Chemistry Laboratory I	1.5

- c. Major Electives (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.

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.

Option 2: Pre-Physical Therapy

Major Requirements (62-68 credits). The major field requirements include the completion of 33 credits in Exercise Science core courses; 29 credits in science courses.

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.

a. Exercise Science Courses (33 credits):

		Credits
EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3
EXS 315	Kinesiology and Biomechanics	3
EXS 316	Motor Learning	3
EXS 323	Exercise Physiology I	3
EXS 326	Exercise Testing and Prescription	3
EXS 423	Exercise Physiology II	3
EXS 425	Theory and Methods of Strength and Conditioning	3
EXS 430	Research Methods and Statistics in Exercise Science	3
EXS 470	Pre-Internship Seminar in Exercise Science	3
EXS 471	Internship in Exercise Science	3

b. Science Courses (29 credits)

		Credits
BIO 181	Anatomy and Physiology I	4
BIO 182	Anatomy and Physiology II	4
CHE 166	General Chemistry I	4
CHE 167	General Chemistry Laboratory I	1.5
CHE 168	General Chemistry II	4
CHE 169	General Chemistry Laboratory II	1.5
PHY 166	General Physics I	5
PHY 167	General Physics II	5

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.

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:

Exercise Science B.S. (60.5 – 68 Credit Major)

Lehman College BS in Exercise Science program offers two tracks: Pre-physical Therapy, and Exercise and Movement Science. The program utilizes the Human Performance Laboratory with its state-of-the-art equipment and the additional resources of the APEX facility, including the fitness and weight training centers.

Exercise science, the study of physiological and functional adaptations to movement, encompasses a wide variety of disciplines including, but not limited to: Exercise Physiology, Sports Nutrition, Sport Psychology, Motor Control/Development, and Biomechanics. The study of these disciplines is integrated into the academic preparation of exercise science professionals. Exercise science professionals work in health services and the fitness industry and are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. They conduct these activities in health care, university, corporate, commercial and community settings where their clients participate in health promotion and fitness-related activities.

Career opportunities for individuals graduating with an undergraduate degree in exercise science are numerous. Common career tracks range from the exercise practitioner in fitness and/or clinical settings to that of a test technologist in a clinical setting. Additionally, career opportunities in residential spas (defined as facilities that include a fitness and nutrition component) include fitness director, health and fitness instructors, and personal trainers.

Also, students often pursue graduate degrees in exercise science, leading to management level positions in fitness or wellness settings or as research assistants. In addition, other disciplines find it helpful to include coursework in the exercise sciences. A degree in exercise science is also a very appropriate background for those going into fields such as medicine, sports medicine, physical therapy, athletic training, occupational therapy or exercise physiology.

Aside from the workplace, the exercise science professional may seek employment opportunities in wellness settings including schools, medical sites, YMCAs, YWCAs, Boys and Girls Clubs, and community centers. Additional wellness opportunities can be found in nursing homes, recreation departments, aquatic centers, health management systems, and lifestyle management organizations.

Alternative wellness careers include massage therapy, aromatherapy, reflexology, herbology, osteopathy, and yoga, to name a few.

Honors in Exercise Science

Departmental honors in Exercise Science may be awarded to a student who has maintained an index of 3.5 in a minimum of 45 credits in all courses required for the major.

Option 1: Exercise and Movement Science

Major Requirements (60.5 credits). The major field requirements include the completion of 45 credits in Exercise Science core courses; 12.5 credits in science courses; and 3 credits in a Major Elective course.

b. Exercise Science Courses (45 credits):

		Credits
EXS 240	Nutrition and Health	3
EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3
EXS 315	Kinesiology and Biomechanics	3
EXS 316	Motor Learning	3
EXS 323	Exercise Physiology I	3
EXS 326	Exercise Testing and Prescription	3
EXS 342	Sports Nutrition	3
EXS 423	Exercise Physiology II	3
EXS 424	Princ.& Prac. of Fitness & Wellness Programming	3
EXS 425	Theory and Methods of Strength and Conditioning	3
EXS 427	Application of Training Principles	3
EXS 430	Research Methods and Statistics in Exercise Science	3
EXS 470	Pre-Internship Seminar in Exercise Science	3
EXS 471	Internship in Exercise Science	3

b. Science Courses (12.5 credits)

		Credits
BIO 181	Anatomy and Physiology I	4
BIO 182	Anatomy and Physiology II	4
CHE 114	General Chemistry I	3
CHE 115	General Chemistry Laboratory I	1.5

- d. Major Electives (3 credits) Select from EXS, REC, REH and THR₁ courses with approval of the adviser.

GENERAL ELECTIVES:

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

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.

Option 2: Pre-Physical Therapy

Major Requirements (62-68 credits). The major field requirements include the completion of 33 credits in Exercise Science core courses; 29 credits in science courses.

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.

b. Exercise Science Courses (33 credits):

		Credits
EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3
EXS 315	Kinesiology and Biomechanics	3
EXS 316	Motor Learning	3
EXS 323	Exercise Physiology I	3
EXS 326	Exercise Testing and Prescription	3
EXS 423	Exercise Physiology II	3
EXS 425	Theory and Methods of Strength and Conditioning	3
EXS 430	Research Methods and Statistics in Exercise Science	3
EXS 470	Pre-Internship Seminar in Exercise Science	3
EXS 471	Internship in Exercise Science	3

b. Science Courses (29 credits)		Credits
BIO 181	Anatomy and Physiology I	4
BIO 182	Anatomy and Physiology II	4
CHE 166	General Chemistry I	4
CHE 167	General Chemistry Laboratory I	1.5
CHE 168	General Chemistry II	4
CHE 169	General Chemistry Laboratory II	1.5
PHY 166	General Physics I	5
PHY 167	General Physics II	5

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.

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.

Option 3: Pre- Occupational Therapy

Major Requirements (63.5-68 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.

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.

c. Exercise Science Courses (33 credits):**Credits**

EXS 240	Nutrition and Health	3
EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3
EXS 315	Kinesiology and Biomechanics	3
EXS 316	Motor Learning	3
EXS 323	Exercise Physiology I	3
EXS 326	Exercise Testing and Prescription	3
EXS 425	Theory and Methods of Strength and Conditioning	3
EXS 430	Research Methods and Statistics in Exercise Science	3
EXS 470	Pre-Internship Seminar in Exercise Science	3
EXS 471	Internship in Exercise Science	3

b. Science Courses (21.5 credits)

		Credits
BIO 166	Principles of Biology: Cells and Genes	4
BIO 181	Anatomy and Physiology I	4
BIO 182	Anatomy and Physiology II	4
CHE 114	Essentials of General Chemistry I	3
CHE 115	Essentials of General Chemistry Laboratory I	1.5
PHY 166	General Physics	5

c. Psychology courses (9 Credits)

		Credits
PSY 166	General Psychology	3
PSY 217	Child Psychology	3
PSY 234	Abnormal Psychology	3

GENERAL ELECTIVES:

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

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 curriculum and the total credits required for option I and Option II stay the same since only a new option is added to the existing program. Occupational therapy degrees

are in such high demand and the job growth is expected to grow more than 16%, much faster than average. Pre-occupational therapy is a way to enter the occupational therapy field. It's the educational stepping stone to advance to become an occupational therapist since a Master of Science in occupational therapy is needed. This option will give this opportunity to our students since there is a high demand among our students to study and to become an occupational therapist.

5. **Date of departmental approval:** 3/28/2023

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title and description

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

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 240
Course Title	Inclusive Recreation
Description	Overview of basic concepts, processes, resources, and settings as they relate to inclusive programming for individuals with disabilities. Administrative concerns, moral and legal issues, trends, challenges, accessibility guidelines and practices in regard to inclusion will be addressed.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 240
Course Title	Inclusive Recreation <u>Service</u>
Description	Overview of basic concepts, processes, resources, and settings as they relate to <u>inclusion</u> for individuals with disabilities. Administrative concerns, moral and <u>ethical</u> issues, <u>legislation</u> , trends, challenges, accessibility guidelines and practices in regard to inclusion will be addressed.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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

This course aims to introduce students to the fundamental principles of inclusion in recreation service, including barriers, resources, ethics, legislation, and facility accessibility guidelines relevant to recreation involvement. Therefore, the new title, Inclusive recreation service is more appropriate to cover broader concepts in this field.

In the course description, we remove “programming” and add “inclusion” because the course covers broader concepts of inclusion rather than specific programming. Also, this class covers ethical issues, and legislation, and therefore they are added in the course description.

5. **Date of departmental approval:** 3/14/2023

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Number, description, credits

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

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 360
Course Title	Selected Topics in Recreation
Description	Consideration of recent developments in recreation
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
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Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC <u>260</u>
Course Title	Selected Topics in Recreation
Description	<u>Exploration of new trends in leisure and recreation services</u>
Pre/ Co Requisites	
Credits	3 (<u>May be repeated for a maximum of 6 credits if the topics are different</u>)
Hours	3
Liberal Arts	[] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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

Selected topics in recreation is an exploratory course allowing students to investigate a variety of topics in recreation and leisure service. Therefore, it is more suitable as an entry-level course, so the 200 level would be a good fit rather than 300 level.

A detailed description was added for a better understanding of this course.

5. Date of departmental approval: 03/14/2023

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Number, description, and prerequisite

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

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 387
Course Title	Research and Evaluation in Recreation Service
Description	Basic concepts of research and evaluation applied to the operation of recreation and park programs. Explores techniques of measurement and methods of analyzing and interpreting data.
Pre/ Co Requisites	6 credits in Rec courses
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC <u>407</u>
Course Title	Research and Evaluation in Recreation Service
Description	<u>Concepts of research and evaluation applied to the operation of recreation and park programs. Explores techniques of measurement and methods of analyzing and interpreting data.</u>
Pre/ Co Requisites	<u>REC: Prerequisite or co-requisite: REC 302</u> <u>THR: Prerequisites: THR 322</u>
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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

Research class requires basic and principal knowledge of recreation and leisure service to apply the measurement techniques to the operation of recreation and park programs. Therefore, 400 level is more suitable, requiring 300 level pre- or co- requisites.

5. **Date of departmental approval:** 03/14/2023

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

Name of Program and Degree Award: Recreation Education, B.S.

Hegis Number: 0835

Program Code: 02593

Effective Term: Spring 2024

1. **Type of Change:** Add Distance Format; degree requirements

2. **From:**
Recreation Education, B.S. (45 Credit Major)

The program in Recreation Education leads to the B.S. degree and is designed to prepare students for entry into the parks, recreation, and leisure services profession. Recreation and leisure services are provided in a variety of settings serving people of all ages in carefully planned and organized recreation programs. Students may concentrate in ~~therapeutic recreation~~, recreation management, or exercise and sport.

~~Students in the therapeutic recreation concentration are employed in health and human service settings, such as hospitals, nursing homes, adult day care, youth agencies, drug treatment centers, and homeless shelters; they work with people with a variety of disabilities and health conditions.~~

Students in the recreation management concentration are employed in public park and recreation agencies, not-for-profit organizations, community recreation centers, camps, and sports associations.

Students in the exercise and sport concentration can work as programmers, fitness trainers, group exercise leaders or coaches, in sports and fitness programs in a variety of settings. Students are prepared to obtain various fitness certifications from several national organizations.

Fieldwork and internship experiences are important components of the major, which give students the opportunity to apply theory to practice in an actual work setting under the supervision of a qualified professional.

Students in this major that have met the academic requirements, upon graduation, and complete at least 1 year of full-time experience in the field are eligible to

sit for the national certifying examination for the Certified Park and Recreation Professional (CPRP), administered by the National Recreation and Park Association.

Honors in Recreation Education:

Departmental honors in Recreation Education may be awarded to a student who has maintained an index of 3.5 in a minimum of 24 credits in all courses required for the major.

The required courses and credits are distributed as follows (45 credits):

21 credits in Recreation Education:

Credits

REC 200	History and Philosophy of Recreation	3
REC 210	Recreation Leadership	3
REC 302	Administration of Recreation Service	3
REC 330	Inclusive Recreation	3
REC 360	Selected Topics in Recreation	3
REC 387	Research and Evaluation in Recreation Service	3
REC 422	Programming and Planning in Recreation	3

12 credits in one of ~~three~~ concentrations:

~~Therapeutic Recreation:~~

		Credits
THR 221	Introduction to Therapeutic Recreation	3
THR 325	Therapeutic Recreation in Long-Term Care	3
THR 421	Programs in Therapeutic Recreation Service	3
THR 425	Processes and Techniques of Therapeutic Recreation	3

Recreation Management:

		Credits
REH 330	Management of Youth Serving Organizations	3
REC 361	Outdoor Recreation and Sustainable Management	3
REC 405	Facility Management in Recreation Service	3
REC 410	Advanced Finance and Human Resources Management in Recreation Service	3

Exercise and Sport:

		Credits
EXS 264	Introduction to Exercise Science	3

EXS 265	Behavioral Aspects of Physical Activity	3
EXS 304	Coaching and Team Sports	3
EXS 424	Principles and Practices of Fitness and Wellness Programming	3

6 credits selected from:

REC, THR, REH, EXS, DNC, DFN, HEA, HSA, and/or HSD courses with departmental approval.

6 credits in Recreation Internship:

Credits		
REC 470	Recreation Education Internship	3-6

BS-M.S. Ed Dual Credit Option for in Recreation Education (Option A Only)

Undergraduate students majoring in Recreation Education with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S.Ed. in Recreation Education Option A: Recreation and Park Administration. The following graduate courses may be taken in place of these undergraduate courses: REC 702 (in place of REC 422), 706 (in place of REC 361), 680 (in place of 360), and 680 (in place of any other 300-level elective). The student must receive permission from both the academic undergraduate and graduate advisors

3. To:

Recreation Education, B.S. (45 Credit Major)

The program in Recreation Education leads to the B.S. degree and is designed to prepare students for entry into the parks, recreation, and leisure services profession. Recreation and leisure services are provided in a variety of settings serving people of all ages in carefully planned and organized recreation programs. Students may concentrate in recreation management or exercise and sport.

Students in the recreation management concentration are employed in public park and recreation agencies, not-for-profit organizations, community recreation centers, camps, and sports associations.

Students in the exercise and sport concentration can work as programmers, fitness trainers, group exercise leaders or coaches, in sports and fitness programs in a variety of settings. Students are prepared to obtain various fitness certifications from several national organizations.

Fieldwork and internship experiences are important components of the major, which give students the opportunity to apply theory to practice in an actual work setting under the supervision of a qualified professional.

Students in this major that have met the academic requirements, upon graduation, and complete at least 1 year of full-time experience in the field are eligible to sit for the national certifying examination for the Certified Park and Recreation Professional (CPRP), administered by the National Recreation and Park Association.

Honors in Recreation Education:

Departmental honors in Recreation Education may be awarded to a student who has maintained an index of 3.5 in a minimum of 24 credits in all courses required for the major.

The required courses and credits are distributed as follows (45 credits):

21 credits in Recreation Education:

Credits

REC 200	History and Philosophy of Recreation	3
REC 210	Recreation Leadership	3
REC 302	Administration of Recreation Service	3
REC 330	Inclusive Recreation	3
REC 360	Selected Topics in Recreation	3
REC 387	Research and Evaluation in Recreation Service	3
REC 422	Programming and Planning in Recreation	3

12 credits in one of two concentrations:

Recreation Management:

Credits

REH 330	Management of Youth Serving Organizations	3
REC 361	Outdoor Recreation and Sustainable Management	3
REC 405	Facility Management in Recreation Service	3
REC 410	Advanced Finance and Human Resources Management in Recreation Service	3

Exercise and Sport:

Credits

EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3
EXS 304	Coaching and Team Sports	3
EXS 424	Principles and Practices of Fitness and Wellness Programming	3

6 credits selected from:

REC, THR, REH, EXS, DNC, DFN, HEA, HSA, and/or HSD courses with departmental approval.

6 credits in Recreation Internship:

Credits		
REC 470	Recreation Education Internship	3-6

BS- M.S. Ed Dual Credit Option for in Recreation Education (Option A Only)

Undergraduate students majoring in Recreation Education with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S.Ed. in Recreation Education Option A: Recreation and Park Administration. The following graduate courses may be taken in place of these undergraduate courses: REC 702 (in place of REC 422), 706 (in place of REC 361), 680 (in place of 360), and 680 (in place of any other 300-level elective). The student must receive permission from both the academic undergraduate and graduate advisors

Students may complete 100% of courses online

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

As to the removal of the Therapeutic Recreation concentration from the B.S. in Recreation Education major - There is a B.S. in Therapeutic Recreation already and Therapeutic Recreation majors are required to sit for the Certification for Therapeutic Recreation Specialist (CTRS) exam upon graduation, if they wish to obtain gainful employment. Therefore, it would be more beneficial for students to major in Therapeutic Recreation rather than majoring in Recreation Education with a concentration in Therapeutic Recreation if they wish to enter the Therapeutic Recreation field because those students would not be able to sit for the CTRS exam. There are very little opportunities for students who graduate with a B.S. in Recreation Education concentrating in Therapeutic Recreation. In addition, we cannot convert all TR courses which are requirements for both TR B.S and REC B.S. (TR concentration) because TR B.S. is a non-online degree.

Formerly adding as 100% distance learning program.

5. Date of departmental approval: 11/30/2022

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Prerequisite

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

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 210
Course Title	Recreation Leadership
Description	Leadership principles and techniques. Group processes and methods for working with diverse populations in varied recreation and leisure service settings. In-class leadership exercises and practice.
Pre/ Co Requisites	Departmental Permission
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 210
Course Title	Recreation Leadership
Description	Leadership principles and techniques. Group processes and methods for working with diverse populations in varied recreation and leisure service settings. In-class leadership exercises and practice.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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

REC 210 is an introductory course and is a core course requirement. Departmental consent is no longer required.

5. **Date of departmental approval:** 11/30/2022

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Prerequisite

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

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 302
Course Title	Administration of Recreation Service
Description	Examines management theories and practices in recreation agencies and organizations. Topics include personnel management, public relations, budget and finance, and facility design and operation.
Pre/ Co Requisites	Departmental Permission
Credits	3
Hours	3
Liberal Arts	[] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<p style="text-align: center;"> <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World </p>

3. **To:** Underline the changes

Department(s)	<u>Exercise Sciences and Recreation</u>
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 302
Course Title	Administration of Recreation Service
Description	Examines management theories and practices in recreation agencies and organizations. Topics include personnel management, public relations, budget and finance, and facility design and operation.
Pre/ Co Requisites	<u>Pre-requisites: REC 200 & REC 210</u>
Credits	3
Hours	3
Liberal Arts	[] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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

REC 302 is a core course requirement. Departmental consent is no longer required due to the addition of pre-requisites.

5. **Date of departmental approval:** 11/30/2022

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Prerequisite

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

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 422
Course Title	Program Planning in Recreation
Description	Examines program development and supervision in community-based recreation programs operated by governmental, voluntary, and private agencies. Explores recreation program formats and modalities.
Pre/ Co Requisites	Departmental Permission Pre-requisite REC 300 & REC 320
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **To:** Underline the changes

Department(s)	<u>Exercise Sciences and Recreation</u>
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 422
Course Title	Program Planning in Recreation
Description	Examines program development and supervision in community-based recreation programs operated by governmental, voluntary, and private agencies. Explores recreation program formats and modalities.
Pre/ Co Requisites	<u>Pre-requisite or Co-requisite: REC 302</u>
Credits	3
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

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

REC 422 is a core course requirement. Departmental consent is no longer required due to the addition of co- and pre-requisites. REC 302 also provides fundamental knowledge of administration in recreation services that would be required for students to take REC 422 as either a co-requisite or pre-requisite course.

5. **Date of departmental approval:** 11/30/2022