

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK
DEPARTMENT OF HEALTH SCIENCES
CURRICULUM CHANGE**

Name of Program and Degree Award: Human Performance and Fitness, M.S.

Hegis Number: 1299.30

Program Code: 39966

Effective Term: Spring 2022

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.

Admission Requirements

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.

Degree Requirements

Option 1: Thesis

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 (9 Credits)

| | Credits |
|---|---------|
| EXS 615 Advanced Kinesiology and Biomechanics | 3 |
| EXS 616 Advanced Motor Learning and Performance | 3 |
| EXS 626 Fitness Management and Marketing | 3 |
| EXS 665 Psychology of Sport | 3 |
| EXS 675 Independent Study Project | 3 |
| EXS 680 Selected Topics in Exercise Science | 3 |

Thesis (6 Credits)

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

Option 2: Capstone Project**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

| | Credits |
|---|---------|
| EXS 615 Advanced Kinesiology and Biomechanics | 3 |
| EXS 616 Advanced Motor Learning and Performance | 3 |
| EXS 626 Fitness Management and Marketing | 3 |
| EXS 665 Psychology of Sport | 3 |
| EXS 675 Independent Study Project | 3 |
| EXS 680 Selected Topics in Exercise Science | 3 |

Capstone Project (3 Credits)

| | Credits |
|-----------------------------------|---------|
| EXS 795 Capstone Project Workshop | 3 |

3. To:
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.

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- 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.

Degree Requirements

Option 1: Thesis

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 (9 Credits)

| | Credits |
|---|----------|
| EXS 615 Advanced Kinesiology and Biomechanics | 3 |
| EXS 616 Advanced Motor Learning and Performance | 3 |
| EXS 626 Fitness Management and Marketing | 3 |
| EXS 665 Psychology of Sport | 3 |
| <u>EXS 670 Research Practicum in Applied Exercise Science</u> | <u>3</u> |
| EXS 675 Independent Study Project | 3 |
| EXS 680 Selected Topics in Exercise Science | 3 |

Thesis (6 Credits)

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

Option 2: Capstone Project**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

| | Credits |
|---|----------|
| EXS 615 Advanced Kinesiology and Biomechanics | 3 |
| EXS 616 Advanced Motor Learning and Performance | 3 |
| EXS 626 Fitness Management and Marketing | 3 |
| EXS 665 Psychology of Sport | 3 |
| <u>EXS 670 Research Practicum in Applied Exercise Science</u> | <u>3</u> |
| EXS 675 Independent Study Project | 3 |
| EXS 680 Selected Topics in Exercise Science | 3 |

Capstone Project (3 Credits)

Credits

EXS 795 Capstone Project Workshop 3

4. **Rationale:**

EXS 670 (Research Practicum in Applied Exercise Science) had been approved as an elective course in December 2019 but was not added to the bulletin. This proposal amends the oversight and adds the course to the bulletin.

5. **Date of departmental approval:** March 3, 2021

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK
DEPARTMENT OF HEALTH SCIENCES
CURRICULUM CHANGE**

Name of Program and Degree Award: Health Education, M.S.Ed.
Hegis Number: 0837
Program Code: 25951
Effective Term: Spring 2022

1. **Type of Change:** Reducing the number of required credits in the program to stay consistent with peer degree programs.

2. **From:**
Health Pre K-12 Teacher, M.S.Ed. Program

This program is designed for students seeking a master's degree in Teaching Health Education. Graduates of this program are recommended for New York State Initial or Professional Certification in Health Education (Pre K-12). Students are supervised in their fieldwork and student teaching by faculty members of the Health Education program in the Department of Health Sciences. Advisement is provided by the Graduate Program Director and faculty members of the Health Education Program in the Department of Health Sciences and/or the Department of Middle and High School Education.

To be eligible for this Master's Program, potential students must fall into one of the following categories:

Sequence 1 (39 credits). Students who already possess New York State certification in a related area and who seek additional certification in Health Education Pre K-12.

Sequence 2 (30 credits). Students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12.

Admission Requirements

- Possess a Bachelor's degree (or its equivalent) from an accredited college or university.
- Submit scores of the Graduate Record Examination (GRE) revised general test, i.e., verbal reasoning, quantitative reasoning, and analytical writing.
- Demonstrate the ability to successfully pursue graduate study by having attained a minimum cumulative undergraduate grade point average of 3.0 or higher.
- Three letters of recommendation and a Personal Goal Statement.

- **For Sequence 1 admission**, possess New York State teacher certification in an area other than health education.
- **For Sequence 2 admission**, possess New York State teacher certification in health education.

Degree Requirements

Students must consult with the graduate adviser in the health education program before starting their Master's Program. During their first semester, matriculated students are required to plan their graduate program with an adviser in the health education program.

Students must complete one of the two sequences outlined below:

Sequence 1 (39 credits):

For students who already possess New York State certification in another subject and who seek certification in Health Education Pre K-12. Course and credit requirements are as follows:

Required HEA courses (9 credits):

| | Credits |
|--|---------|
| HEA 602 Research Methods in Health Education | 3 |
| HEA 603 History and Philosophy of Health Education and Promotion | 3 |
| HEA 620 Health Counseling | 3 |

HEA electives (12)

Courses linking health with teaching strategies (9):

| | Credits |
|--|---------|
| HEA 671 Teaching Strategies for Health; Psychosocial Wellness | 3 |
| HEA 672 Teaching Strategies for Health: Health Promotion Behaviors | 3 |
| HEA 673 Teaching: Strategies for Health: Disease and Disability | 3 |

Special Education (3):

| | Credits |
|---|---------|
| ESC 506 Special Needs Education in TESOL and Secondary Settings | 3 |
| Or | |
| EDS 701 Understanding Individuals with Disabilities | 3 |

~~EDS 701: Or equivalent.~~

Student Teaching (3 credits):

| | Credits |
|--|---------|
| ESC 595 Internship in Classroom Teaching | 1-3 |
| ESC 611 Teaching Internship Seminar in Secondary Education 1 | |

ESC 595: For in-service teachers.

Master's Project (3):

| | Credits |
|--|---------|
| ESC708 Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas | 3 |

Sequence 2 (30 credits):

For students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12. The curriculum consists of 30 graduate credits. Course and credit requirements are as follows:

Required HEA courses (9 credits):

| | Credits |
|--|---------|
| HEA 602 Research Methods in Health Education | 3 |
| HEA 603 History and Philosophy of Health Education and Promotion | 3 |
| HEA 620 Health Counseling | 3 |

Health electives (3)**Courses linking health with teaching strategies (9):**

| | Credits |
|--|---------|
| HEA 671 Teaching Strategies for Health; Psychosocial Wellness | 3 |
| HEA 672 Teaching Strategies for Health: Health Promotion Behaviors | 3 |
| HEA 673 Teaching: Strategies for Health: Disease and Disability | 3 |

Special Education (3):

| | Credits |
|---|---------|
| ESC 506 Special Needs Education in TESOL and Secondary Settings | 3 |
| Or | |
| EDS 701 Understanding Individuals with Disabilities | 3 |

~~EDS 701: Or equivalent.~~

Student Teaching (3 credits):

| | Credits |
|--|---------|
| ESC 595 Internship in Classroom Teaching | 1-3 |
| ESC 611 Teaching Internship Seminar in Secondary Education | 1 |

ESC 595: For in-service teachers.

Master's Project (3):

| | Credits |
|--|---------|
| ESC708 Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas | 3 |

3. To:

Health Pre K-12 Teacher, M.S.Ed. Program

This program is designed for students seeking a master's degree in Teaching Health Education. Graduates of this program are recommended for New York State Initial or Professional Certification in Health Education (Pre K-12). Students are supervised in their fieldwork and student teaching by faculty members of the Health Education program in the Department of Health Sciences. Advisement is provided by the Graduate Program Director and faculty members of the Health Education Program in the Department of Health Sciences and/or the Department of Middle and High School Education.

To be eligible for this Master's Program, potential students must fall into one of the following categories:

Sequence 1 (33 credits). Students who already possess New York State certification in a related area and who seek additional certification in Health Education Pre K-12.

Sequence 2 (30 credits). Students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12.

Admission Requirements

- Possess a Bachelor's degree (or its equivalent) from an accredited college or university.
- Submit scores of the Graduate Record Examination (GRE) revised general test, i.e., verbal reasoning, quantitative reasoning, and analytical writing. Note: An applicant whose GRE score is lower than 1 standard deviation below the 50th percentile may be admitted to a program with the following stipulation: The

candidate and advisor will prepare a retention plan to support the candidate in further developing the skills needed to meet the 50th percentile or better on a nationally normed basic skills test approved by the School of Education.

- Demonstrate the ability to successfully pursue graduate study by having attained a minimum cumulative undergraduate grade point average of 3.0 or higher.
- Three letters of recommendation and a Personal Goal Statement.
- **For Sequence 1 admission**, possess New York State teacher certification in an area other than health education.
- **For Sequence 2 admission**, possess New York State teacher certification in health education.

Degree Requirements

Students must consult with the graduate adviser in the health education program before starting their Master's Program. During their first semester, matriculated students are required to plan their graduate program with an adviser in the health education program.

Students must complete one of the two sequences outlined below:

Sequence 1 (33 credits):

For students who already possess New York State certification in another subject and who seek certification in Health Education Pre K-12. Course and credit requirements are as follows:

Required HEA courses (12 credits):

| | Credits |
|---|----------|
| <u>HEA 507 Human Sexuality</u> | <u>3</u> |
| <u>HEA 671 Teaching Strategies for Health; Psychosocial Wellness</u> | <u>3</u> |
| <u>HEA 672 Teaching Strategies for Health: Health Promotion Behaviors</u> | <u>3</u> |
| <u>HEA 673 Teaching: Strategies for Health: Disease and Disability</u> | <u>3</u> |

HEA electives (12)

| | | |
|----------------|---|----------|
| <u>HEA 502</u> | <u>Women and Health</u> | <u>3</u> |
| <u>HEA 509</u> | <u>Drugs and Substance Abuse</u> | <u>3</u> |
| <u>HEA 510</u> | <u>Health and Aging</u> | <u>3</u> |
| <u>HEA 511</u> | <u>Perspectives on HIV/AIDS</u> | <u>3</u> |
| <u>HEA 627</u> | <u>Health Problems and Issues in Contemporary Society</u> | <u>3</u> |

| | | |
|----------------|---|----------|
| <u>HEA 636</u> | <u>Perspectives on Death and Dying</u> | <u>3</u> |
| <u>HEA 640</u> | <u>Nutrition and Chronic Diseases</u> | <u>3</u> |
| <u>HEA 680</u> | <u>Special Topics in Health Education</u> | <u>3</u> |

Special Education (3):

| | |
|---|---------|
| | Credits |
| ESC 506 Special Needs Education in TESOL and Secondary Settings | 3 |
| Or | |
| EDS 701 Understanding Individuals with Disabilities | 3 |

Student Teaching Internship (3 credits):

| | |
|--|---------|
| | Credits |
| ESC 595 Internship in Classroom Teaching | 1-3 |
| ESC 611 Teaching Internship Seminar in Secondary Education 1 | |

ESC 595: For in-service teachers.

Master's Project (3):

| | |
|--|---------|
| | Credits |
| ESC708 Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas | 3 |

Sequence 2 (30 credits):

For students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12. The curriculum consists of 30 graduate credits. Course and credit requirements are as follows:

Required HEA courses (12 credits):

| | |
|---|----------|
| | Credits |
| <u>HEA 507 Human Sexuality</u> | <u>3</u> |
| <u>HEA 671 Teaching Strategies for Health; Psychosocial Wellness</u> | <u>3</u> |
| <u>HEA 672 Teaching Strategies for Health: Health Promotion Behaviors</u> | <u>3</u> |
| <u>HEA 673 Teaching: Strategies for Health: Disease and Disability</u> | <u>3</u> |

Health electives (9)

| | | |
|----------------|---|----------|
| <u>HEA 502</u> | <u>Women and Health</u> | <u>3</u> |
| <u>HEA 509</u> | <u>Drugs and Substance Abuse</u> | <u>3</u> |
| <u>HEA 510</u> | <u>Health and Aging</u> | <u>3</u> |
| <u>HEA 511</u> | <u>HIV/AIDS</u> | <u>3</u> |
| <u>HEA 627</u> | <u>Health Problems and Issues in Contemporary Society</u> | <u>3</u> |
| <u>HEA 636</u> | <u>Perspectives on Death and Dying</u> | <u>3</u> |
| <u>HEA 640</u> | <u>Nutrition and Chronic Diseases</u> | <u>3</u> |
| <u>HEA 680</u> | <u>Special Topics in Health Education</u> | <u>3</u> |

Special Education (3):

| | |
|---|---------|
| | Credits |
| ESC 506 Special Needs Education in TESOL and Secondary Settings | 3 |
| Or | |
| EDS 701 Understanding Individuals with Disabilities | 3 |

Student Teaching Internship (3 credits):

| | |
|--|---------|
| | Credits |
| ESC 595 Internship in Classroom Teaching | 1-3 |
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ESC 595: For in-service teachers.

Master's Project (3):

| | |
|--|---------|
| | Credits |
| ESC708 Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas | 3 |

4. Rationale:

The Lehman College M.S.Ed. in Health Education program has a 39-credit requirement. Peer programs offering the same degree, as well as our own MA in Health Education program, offer a 33-credit requirement. It is important to stay consistent with competing programs as well as our MA program, all of which require 33 credits.

After careful review of the NYSED requirements we are removing three required courses. Removing HEA 602 Research Methods, HEA 603 History and Philosophy of Health, and HEA 620 Health Counseling, will help us minimize credits. Health Counseling is not a required course under NYSED. NYSED does have a mental health requirement, which we already meet in the required course HEA 671 Teaching Strategies for Health; Psychosocial Wellness. We are able to remove HEA 602

Research Methods, as research is built into all of the electives by providing the ability to read and analyze scientific information and literature through assessment.

Due to recent updates on NYSED requirements, HEA 507 Human Sexuality is a requirement and no longer an elective. HEA 603 History and Philosophy of Health, while a very important course, is not a requirement under NYSED. In HEA 671 health philosophies and theories are covered.

In Sequence 2, the changes will remain consistent to that of Sequence 1. The increase in electives from 6 credits to 9 credits will allow Human Sexuality to move to a required course rather than an elective. This will ensure our students are getting the required health content to meet NYSED and SHAPE guidelines.

We are accredited by the Council for Accreditation of Educator Preparation (CAEP) and follow SHAPE standards to be recognized for accreditation. All standards will continue to be met, and these changes will not affect our CAEP standing as none of the courses being removed contain key assessments for accreditation.

Lastly, Health Sciences has chosen to comply with CAEP requirement for admissions selections in order to meet accreditation requirements. While we highly value the self-study process and award of accreditation, we strongly oppose the use of the GRE as part of any admissions criteria. Nationally normed tests, such as the GRE, disadvantage and misrepresent the capabilities of many Americans, such as, multilingual individuals, individuals who grew up in poverty, and historically marginalized individuals. These are our students. In addition, the GRE has no predictive validity to warrant large-scale use in selecting future teachers, as required by CAEP. Given the egregious limitations of the GRE, we have devised a plan to support the candidate population falling below the 50th percentile upon admission. Our plan addresses CAEP requirements and prevents receiving a “stipulation” to our accreditation from CAEP.

5. Date of departmental approval: March 3, 2021