



CAREER INFUSED DEGREE MAP

Bachelor of Science: Recreation Education
(Exercise and Sport)
Total Credits: 120-123

The B.S. Recreation Education (Exercise and Sports) prepares students to promote health, fitness, sport, and physical activity through leadership, program planning, coaching, and recreation-based services in community, educational, and athletic settings. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

SOPHOMORE

ACADEMICS

CAREER READINESS

CREDITS

- 3 ENG 111 - English Composition I
- 3 Flexible Core Scientific World (Course Set)
- 3 MAT 126 - Quantitative Reasoning
- 3 Flexible Core Creative Expression (Course Set)
- 3 LEH 250 - First-year Seminar

15 TOTAL CREDITS

1ST SEMESTER

- ☐ Activate your [Handshake](#) account to begin exploring career resources and opportunities available through your college's [Career Exploration and Development Center](#).
- ☐ Join a Lehman [student club or organization](#) to begin building your network and developing soft skills ([School of Health Sciences, Humans Services and Nursing, ACSM, NASSM, SHAPE](#)).
- ☐ Create a resume to begin documenting your achievements. Review resume samples for your major in the Resources section of the Career Center page on Handshake.
- ☐ Enroll in free introduction to MS 365 computer skills workshops, tutoring/writing support, and/or leadership training ([Lehman IT Center, Lehman Tutoring Center, Office of Campus Life](#)).

2ND SEMESTER

- 3 ENG 121 - English Composition II
- 3 Elective
- 3 Required Core Life and Physical Sciences (Course Set)
- 3 Flexible Core Individual and Society (Course Set)
- 4 Elective

16 TOTAL CREDITS

- ☐ Create a [LinkedIn](#) account to establish your professional presence online, build industry connections, and follow developments and trends.
- ☐ Take the [Focus 2 Career Assessment](#) (code: Lightning), and explore [employment options](#), subfields, career paths in sports coaching, fitness training, health promotion, research opportunities in exercise and sports. ([School of Health Sciences, Human Services and Nursing](#)).
- ☐ Attend Exercise Science and Sports Information Session. (For more information click [here](#))
- ☐ Join a [sports team](#).
- ☐ Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships, CUNY pipeline programs](#)).
- ☐ Participate in an early career skills training program ([America Needs You, Year Up, CUNY Beyond](#)).

CREDITS

- 3 General Education Foreign Language Option (Course Set)*
- 3 Flexible Core U.S. Experience in Its Diversity (Course Set)
- 3 Flexible Core World Cultures and Global Issues (Course Set)
- 3 REC 200 – History and Philosophy of Recreation
- 3 Elective
- 3 CED 102 – Introduction to Career Development
Note: This class is optional

***Notes:** Students are required to take two foreign language courses in the same language. Kindly contact the Languages and Literatures department for proper placement

15 TOTAL CREDITS

1ST SEMESTER

- ☐ Identify a mentor in your field with whom you can check-in periodically via the [School of Health Science, Human Services and Nursing](#)).
- ☐ Obtain your [CPR and First Aid](#) certificate or your [Lifeguard](#) certification
- ☐ Apply for internships or volunteer on a wellness event that provide hands-on experience in Recreation Education (Handshake, CUNY industry partnerships, NYC.gov, NYC Parks, NYC Aging, NYC Services, NYS AHPERD, American Red Cross, Bronx Zoo, New York Cares, Volunteer Connection, YMCA, NYC YMCA, Police Athletic League, Chelsea Piers, Asphalt Green, Manhattan Youth, PowerPlay NYC, Center for an Urban Future, The Rising Tide Effect, 87 Afterschool Inc, Harlem Children’s Zone, Concrete Safaris, Growing Up NYC, United Activities Unlimited, Children of Promise, [Lehman Athletics](#)*).
- ☐ **Can do internship or Federal Work Study*
- ☐ Attend the ‘Mastering the Art of Interviewing’ workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on Handshake.

2ND SEMESTER

- 3 General Education Foreign Language Option (Course Set)*
- 3 Flexible Core – Any Area (Course Set)
Notes: No more than two courses from the same discipline may be used to satisfy the Distribution Requirement
- 3 REH 230 – Introduction to Youth Studies
- 3 REC 210 – Recreation Leadership
- 3 Elective

***Notes:** Students are required to take two foreign language courses in the same language. Kindly contact the Languages and Literatures department for proper placement

15 TOTAL CREDITS

- ☐ Identify a career interest area and attend recreation or wellness events. ([NYC Parks, NYC Parks](#))
- ☐ Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Science, Human Services and Nursing
- ☐ Volunteer 3-5hrs a week and or/apply for part time roles to gain more hands on experience and begin leading portions of programs
- ☐ Identify skills and certificates you can earn to specialize or supplement your studies ([CUNY Upskilling; LinkedIn Learning](#), free with an [NYPL](#) card; [Coursera](#), free via [NYS DOL](#)). ([ACE Group Fitness Instructor, Youth Sports Coaching Certificate](#))
- ☐ Become a student member of a professional organization in your field (School of Health Science, Human Services and Nursing).

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ACADEMICS

CAREER READINESS

CREDITS

- 3 LEH 352 - Studies in Literature **OR**
LEH 353 - Studies in the Arts **OR**
LEH 354 - Studies in Historical Studies **OR**
LEH 355 - Studies in Philosophy, Theory and
Abstract Thinking **OR**
LEH 450 - General Education Capstone

3 Elective

3 REC 240 - Inclusive Recreation Service

3 REC 260 - Selected Topics in Recreation

3 Elective

15 TOTAL CREDITS

1ST SEMESTER

- ☐ Attend career fairs and industry conferences to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, research, government, and law enforcement/legal (NRPA, NYSRPS, WRAPS, World Leisure Organization, NIRSA: Leaders in Collegiate Recreation, NIRSA: Leaders in Collegiate Recreation Region I, AORE, NYORC, NYSOEA, NYS Parks, Recreation, and Historic Preservation, Association for Aquatics Professionals)
- ☐ Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐ Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.

2ND SEMESTER

- 3 LEH 352 - Studies in Literature **OR**
LEH 353 - Studies in the Arts **OR**
LEH 354 - Studies in Historical Studies **OR**
LEH 355 - Studies in Philosophy, Theory and
Abstract Thinking **OR**
LEH 450 - General Education Capstone

3 REC 302 - Administration of Recreation Services

3 EXS 264 - Introduction to Exercise Science

3 Departmental Courses
*Notes: 6 credits selected from REC, THR, REH,
and/or EXS course with departmental approval*

3 Elective

15 TOTAL CREDITS

- ☐ Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐ Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐ Apply to internships at (CUNY Athletics, Fordham University, Manhattan College, LIU, Columbia University)
- ☐ Identify career options within the Athletic field.
- ☐ Request letters of recommendation if considering further education.
- ☐ Look at the graduate schools if considering further education

CREDITS

- 1 THR 400 - Pre-Internship Seminar in Recreational
Therapy and Recreation Education
- 3 REC 407 - Research and Evaluation in Recreation Service
- 3 EXS 265 - Behavioral Aspects of Physical Activity
- 3 Departmental Course
*Notes: 6 credits selected from REC, THR, REH, and/or EXS courses with
departmental approval*
- 4 Elective

14 TOTAL CREDITS

1ST SEMESTER

- ☐ Meet with your Career Specialist for full-time job search preparation: finalize your professional resume and cover letter and prepare for interviews.
- ☐ As graduation nears, reconnect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐ If applicable, begin drafting your application materials and identify your faculty references for graduate school or other postgraduate opportunities.

2ND SEMESTER

- 3 REC 422 - Program Planning in Recreation
- 3 EXS 316 - Motor Learning
- 3 EXS 424 - Principles and Practices of Fitness and
Wellness Managements
- 3-6 REC 470 - Recreation Education Internship
- 3 Elective

15-18 TOTAL CREDITS

- ☐ Attend employment fairs, professional panels, and recreation education conferences to widen your network and connect with recruiters.
- ☐ Establish references in Athletics fields.
- ☐ Mine job sites and apply for career-related roles. Record your progress and remember to follow up on your applications. (NYC City Jobs, Indeed, DYCD, NYC Parks, Glassdoor, SimplyHired, BronxZoo, The SCA, NRPA, Idealist, Zip Recruiter, LinkedIn, Handshake ACEfitness, Exercisejobs)
- ☐ Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐ Complete the Cap and Gown Survey in CUNYfirst.
- ☐ If applicable, complete the process of applying to graduate school.