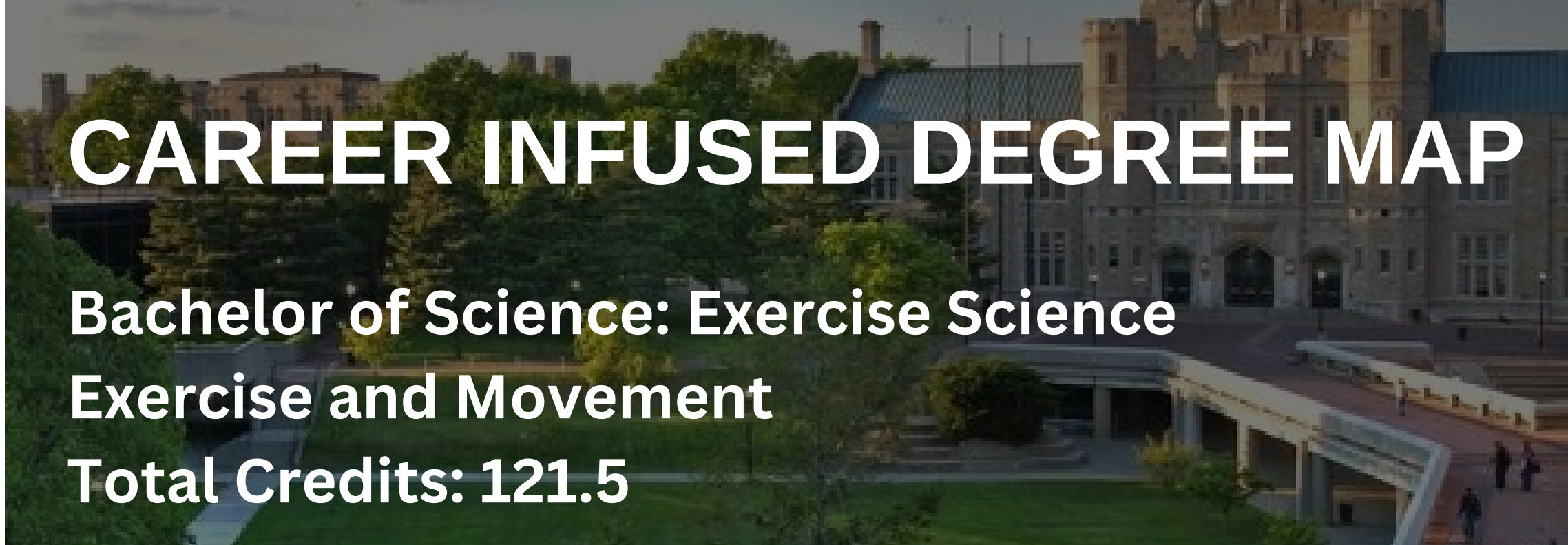




The B.S. in Exercise Science and Exercise Movement) is focused on understanding and analyzing human movement through areas like physiology, biomechanics, and fitness training to prepare students for careers in health, fitness, and athletic performance or further study in related fields. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

CREDITS

- 3ENG 111 - English Composition I
- 3Flexible Core - World Cultures and Global Issues
- 3MAT 126 - Quantitative Reasoning
- 4BIO 181 - Anatomy and Physiology I
- 3LEH 250 - First-year Seminar
- 16TOTAL 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 Science, Human Services and Nursing](#)). Also try volunteering for research in exercise science.
- ☐ Create a resume to begin documenting your achievements. Review resume samples for you 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

- 3ENG 121 - English Composition II
- 3Flexible Core - U.S. Experience in Its Diversity (Course Set)
- 4BIO 182 - Anatomy and Physiology II
- 3EXS 264 - Introduction to Exercise Science
- 4MAT 132 - Introduction to Statistics
- 17TOTAL 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, research opportunities in Exercise and Movement Science. (School of Health Science, Human Services and Nursing, [Occupational Outlook Handbook](#))
- ☐ 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](#)).

SOPHOMORE

CREDITS

- 3General Education Foreign Language Options (Course Set) *
- 3Flexible Core - Creative Expression (Course Set)
- 4.5CHE 114 - Essentials of General Chemistry AND CHE 115 - Essentials of General Chemistry Laboratory
- 3EXS 265 - Behavioral Aspect of Physical Activity
- 3EXS 240 - Nutrition and Health
- 3CED 102 - Introduction to Career Development
Note: This class is optional
- 15.5TOTAL CREDITS

1ST SEMESTER

- ☐ Identify a mentor in your field with whom you can check-in periodically ([School of Health Sciences, Human Services and Nursing](#)).
- ☐ Obtain your [CPR/AED](#) certification
- ☐ Apply for internships or volunteering sites that provide hands-on experience in exercise and movement science (Handshake, CUNY industry partnerships, Montefiore Einstein, HSS, NYC Health + Hospitals, Mount Sinai, NYC parks, NY Presbyterian)
- ☐ 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

- 3General Education Foreign Language Option (Course Set)
- 3Flexible Core - Individual and Society
- 3Flexible Core - Any Area
- 3EXS 315 - Kinesiology and Biomechanics
- 3HSD 269 - Fundamentals of Biostatistics
- 15TOTAL CREDITS

- ☐ Meet with Internship coordinator to discover and keep track of your internship or volunteering options.
- ☐ Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Science, Human Services and Nursing
- ☐ 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](#)). ([National Academy of Sports Medicine](#), [American College of Sports Medicine](#))
- ☐ Become a student member of a professional organization in your field ([School of Health Science, Human Services and Nursing](#)).

**Notes: Students are required to take two foreign language courses in the same language. Only students who transfer into Lehman with an associate’s degree are exempt from the Foreign Language Requirement. Students who continue in a foreign language previously studied in high school or college or completes one semester of a foreign language at the intermediate level or above, kindly contact the Languages and Literatures department for proper placement*

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
- 3
- EXS 316 - Motor Learning
- 3
- EXS 323 - Exercise Physiology
- 3
- EXS 424 - Principles and Practices of Fitness and Wellness Management
- 3
- Major Electives
Notes: Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with approval of the adviser
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Attend career fairs and industry conferences (such as ACSM and NSCA) to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, research, government, and law enforcement/legal.
- ☐
- Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐
- Identify a specialization focus area within exercise science and begin preparation for relevant industry certification to support your professional employment goals.
- ☐
- Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.
- ☐
- Attend the ‘Networking Strategies’ workshop on Handshake and widen your network of contacts across Lehman and platforms like LinkedIn.
- ☐
- If pursuing graduate study, begin exploring the process for applying to graduate school.

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
- 3
- EXS 326 - Exercise Testing and Preparation for General & Special Populations
- 3
- EXS 423 - Exercise Physiology II
- 3
- PHY 425 - Theory and Methods of Strength and Conditioning
- 3
- EXS 430 - Research Methods and Statistics in Exercise Science
- 15
- TOTAL CREDITS

- ☐
- Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐
- Learn about certifications in your area of interest and begin planning which you may need.
- ☐
- Request letters of recommendation if pursuing graduate school.
- ☐
- Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐
- Volunteer as a research assistant in the exercise science lab.

CREDITS

- 3
- EXS 470 - Pre-Internship Seminar in Exercise Science
- 3
- Elective
- 3
- Minor or Certificate Course I
- 3
- Minor or Certificate Course II
- 3
- EXS 425 - Theory and Methods of Strength and Conditioning
- 15
- 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
- EXS 471 - Internship in Exercise Science
- 3
- Elective
- 3
- Minor or Certificate Course III
- 3
- Minor or Certificate Course IV
- 12
- TOTAL CREDITS

- ☐
- Attend employment fairs, professional panels, and exercise and movement science conferences to widen your network and connect with recruiters.
- ☐
- Mine job sites (School of Health Sciences, Human Services and Nursing, LinkedIn, Handshake, Idealist) and apply for career-related roles. Record your progress and remember to follow up on your applications.
- ☐
- Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐
- Complete the Cap and Gown Survey in CUNYfirst.
- ☐
- Complete department surveys to help keep in touch as you move on from your degree
- ☐
- If applicable, complete the process of applying to graduate school.

***Notes:** these are variable topics courses, where each section covers a special topic. Pre-requisite: You must have achieved 60 credits and declared your major. Integration Courses: LEH 352: Studies in Literature, LEH 353: Studies in Arts, LEH 354: Studies in Historical Studies, LEH 355: Studies in Philosophy, Theory & Abstract Thinking (LEH 351: Studies in Science & Applied Perspectives, is NOT a College Option for this Major)