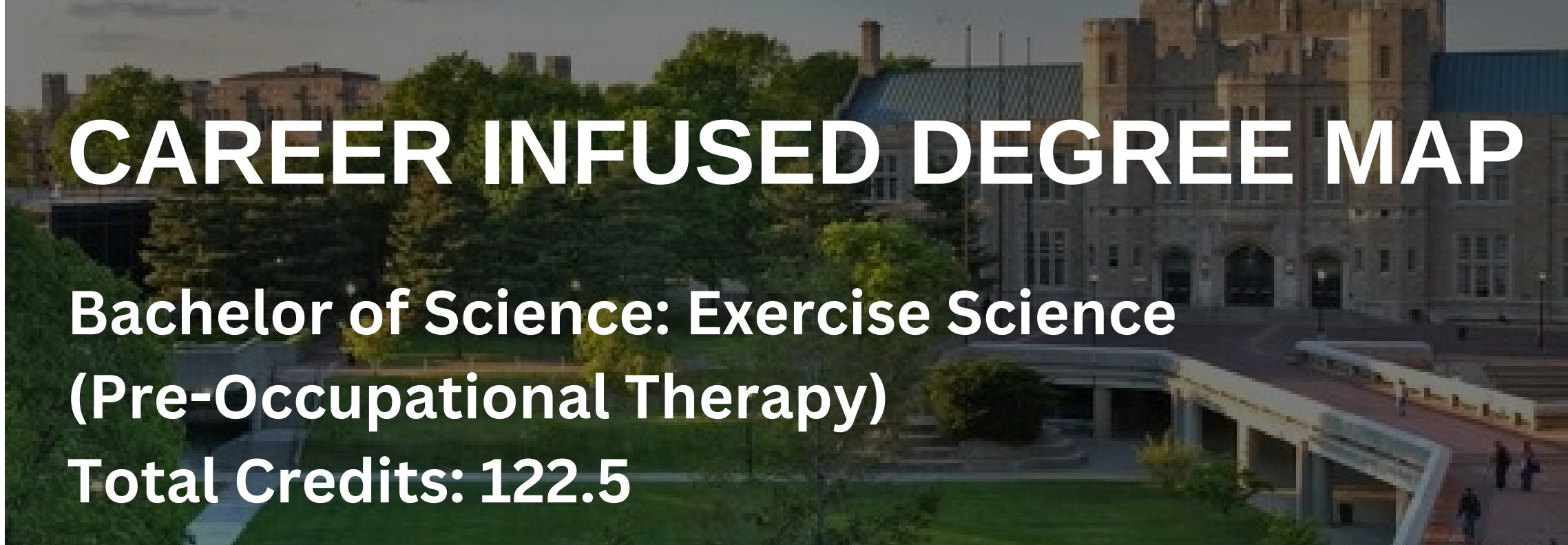




CAREER INFUSED DEGREE MAP

Bachelor of Science: Exercise Science (Pre-Occupational Therapy)

Total Credits: 122.5

The B.S. in Exercise Science (Pre-Occupational Therapy) combines the study of human movement, health, and fitness with prerequisite coursework and hands-on experience to prepare students for graduate programs in occupational therapy. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

CREDITS

- 3 ENG 111 - English Composition I
- 3 Flexible Core - World Cultures and Global Issues
- 3 MAT 126 - Quantitative Reasoning
- 4 BIO 181 - Anatomy and Physiology I
- 3 LEH 250 - First-year Seminar
- 16 TOTAL CREDITS

- 3 ENG 121 - English Composition II
- 3 Flexible Core - U.S. Experience in Its Diversity
- 4 BIO 182 - Anatomy and Physiology II
- 3 EXS 264 - Introduction to Exercise Science
- 4 MAT 132 - Introduction to Statistics
- 17 TOTAL CREDITS

1ST SEMESTER

- ☐ Activate your [Handshake](#) 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 (NYSOTA, WFOT, AOTA). Also try volunteering for research in exercise science.
- ☐ Create a resume to begin documenting your achievements. Review 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

- ☐ Create a [LinkedIn](#) account to establish your professional presence online, build industry connections, and follow developments/trends.
- ☐ Get introduced to Individual development Plan (IDP) template (available through sources such as NIH) to chalk semester goals.
- ☐ Take the [Focus 2 Career Assessment](#) (code: Lightning), and explore [employment options](#), subfields, career paths, and research opportunities in pre-occupational therapy. ([Occupational Outlook Handbook](#), [Research](#), [School of Health Science](#), [Human Services and Nursing](#), [TripodPartners](#))
- ☐ Understand the [path to becoming an Occupational Therapist](#), including [pre-OT requisites](#).
- ☐ Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships](#), [CUNY pipeline programs](#)).
- ☐ Meet with your CEDC Career Specialist for a resume & cover letter review and action plan.
- ☐ Participate in an early career skills training program ([America Needs You](#), [Year Up](#), [CUNY Beyond](#)).

SOPHOMORE

CREDITS

- 3 General Education Foreign Language Option (Course Set)*
- 4.5 CHE 114 - Essentials of General Chemistry Lecture AND CHE 115 - Essentials of General Chemistry Laboratory
- 3 EXS 265 - Behavioral Aspect of Physical Activity
- 4 MAT 172 - Precalculus
- 3 CED 102 - Introduction to Career Development
Note: This class is optional
- 14.5 TOTAL CREDITS

- 3 General Education Foreign Language Option (Course Set) *
- 3 Flexible Core - Individual and Society (Course Set)
- 3 PSY 166 - General Psychology
- 3 EXS 315 - Kinesiology and Biomechanics
- 4 BIO 166 - Principles of Biology: Cells and Genes
- 16 TOTAL CREDITS

1ST SEMESTER

- ☐ Use the IDP awareness and knowledge to draft one of your succeeding years 2,3 and 4.
- ☐ Identify a mentor in your field with whom you can check in periodically (within the School of Health Sciences, Human Services and Nursing). Meet with your Pre-Health advisor at Lehman College.
- ☐ Begin to explore and apply for internships that provide opportunities to shadow occupational therapists to explore clinical settings (Handshake, CUNY industry partnerships, NYU Langone, NYC Health + Hospital, New York Presbyterian, NYSOTA, SPOTS, Mount Sinai, NYT Kids, LinkedIn).
- ☐ Learn about [OTD](#) admissions by applying through [OTCAS](#).
- ☐ Connect with alumni+successful student applicants from the field to get insights on how to navigate this process - request this info from your EXS dept. advisors.
- ☐ Attend the 'Mastering the Art of Interviewing' workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register in [Handshake](#).

2ND SEMESTER

- ☐ Work with internship coordinator to identify various opportunities for observations/internships
- ☐ Begin to accumulate observation hours across different OT settings. (many OT programs require 50-100+ hours)
- ☐ Get [CPR/AED](#) Certified.
- ☐ Meet with faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Sciences, 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](#)).
- ☐ Become a student member of a professional organization in your field (NYSOTA, WFOT, AOTA).

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
- Flexible Core - Creative Expression (Course Set)
- 5
- PHY 166 - General Physics I
- 17
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Attend career fairs and industry conferences to network with professionals, meet
recruiters in healthcare/mental health services, education, corporate businesses,
research, government, and law enforcement/legal.
- ☐
- Identify information about scholarships - internal and external, study abroad
opportunities, and student diversity services.
- ☐
- 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.
- ☐
- Attend the ‘Networking Strategies’ workshop on Handshake and widen your network
of contacts across Lehman and platforms like LinkedIn.
- ☐
- Start building relationships with professors for future recommendation letters.
- ☐
- Prepare for or take the GRE and begin writing your personal statement and
experience essay for OT.

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 Prescription for
General & Special Populations
- 3
- EXS 240 - Nutrition and Health
- 3
- PSY 217 - Child Psychology
- 3
- Elective
- 15
- TOTAL CREDITS

- ☐
- Mark your calendar and register for the annual spring CEDC Job & Internship
Fair at Lehman.
- ☐
- Finalize your list of OT schools to apply to and build your portfolio document
for OTD schools with assistance from your pre-health advisor.
- ☐
- Apply to OT schools through OTCAS the summer before your senior year.
- ☐
- Take a project or leadership role in the club or professional organization 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
- PSY 234 - Abnormal Psychology
- 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

- ☐
- If seeking work, meet with your Career Specialist for full-time job search
preparation: finalize your professional resume and cover letter, and prepare for
interviews.
- ☐
- Prepare for interviews as part of your application process for OT admissions.
- ☐
- As graduation nears, reconnect with mentors for career advice, job leads,
references, and continued mentorship post-graduation.
- ☐
- Confirm observation hours and recommendation letters.
- ☐
- If applicable, begin drafting your application materials and identify your faculty
references for graduate school or other postgraduate opportunities.
- ☐
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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 occupational therapy
conferences to widen your network and connect with recruiters.
- ☐
- Mine job sites (School of Health Sciences, Human Services and Nursing, LinkedIn,
Handshake, Idealist, Indeed, NYP Careers, Simplyhired, NYC City Jobs, Zip Recruiter)
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 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

***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).