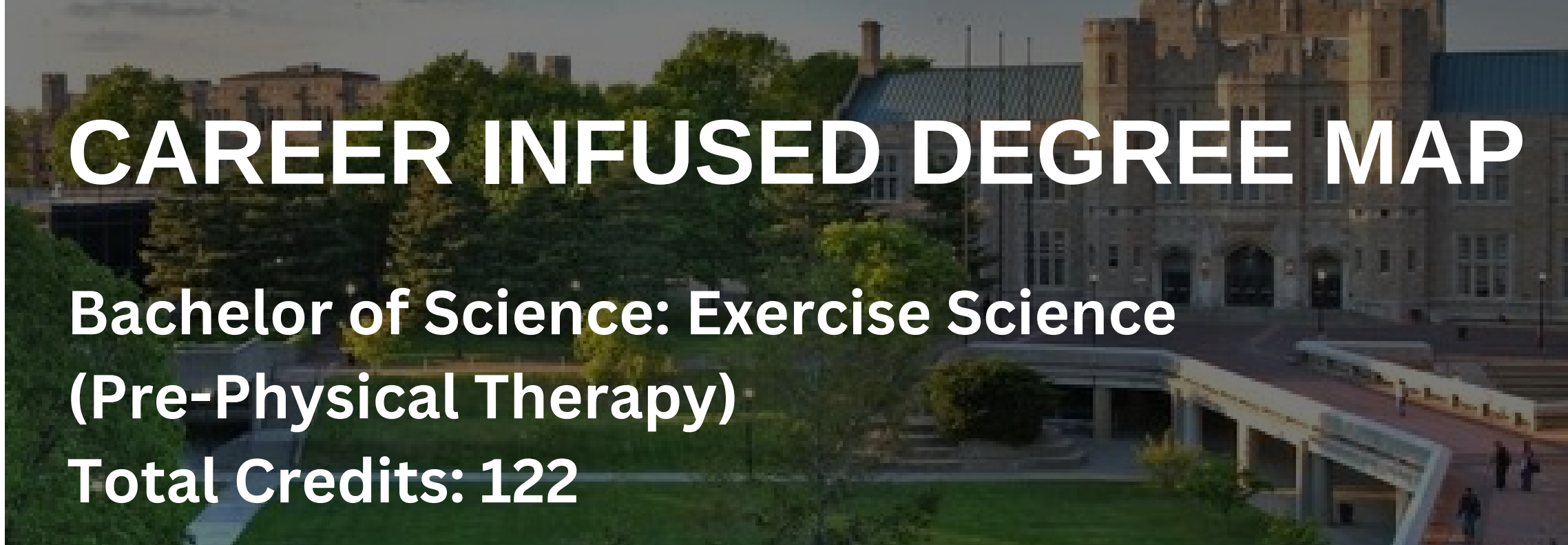




CAREER INFUSED DEGREE MAP

Bachelor of Science: Exercise Science (Pre-Physical Therapy) Total Credits: 122

The B.S. in Exercise Science (Pre-Physical Therapy) studies human movement, anatomy, and exercise principles while completing the prerequisite coursework needed to prepare for admission into a Doctor of Physical Therapy (DPT) program. 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 - 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

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 (School of Health Sciences, Human Services and Nursing). 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

- 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

- ☐ Create a LinkedIn account to establish your professional presence online, build industry connections, and follow developments/trends.
- ☐ 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, APTA, University of St. Augustine for Health Sciences, MCPHS, School of Health Science, Human Services and Nursing)
- ☐ 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).

CREDITS

- 3 General Education Foreign Language Option (Course Set)
- 4.5 CHE 166 - General Chemistry I **AND** CHE 167 - General Chemistry Laboratory I
- 3 EXS 265 - Behavioral Aspect of Physical Activity
- 4 MAT 172 - Precalculus
- 3 CED 102 - Introduction to Career Development
Note: This class is optional
- 15.5 TOTAL CREDITS

1ST SEMESTER

- ☐ 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 physical therapist to explore clinical settings (Handshake, CUNY industry partnerships, NYU Langone Hospital for Special Surgery, NYC, ATI Physical Therapy).
- ☐ Learn about DPT admissions by applying through PTCAS.
- ☐ 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

- 3 General Education Foreign Language Option (Course Set) *
- 3 Flexible Core - Individual and Society (Course Set)
- 5.5 CHE 168 - General Chemistry II **AND** CHE 169 - General Chemistry Laboratory II
- 3 EXS 315 - Kinesiology and Biomechanics
- 14.5 TOTAL CREDITS

- ☐ Work with internship coordinator to identify various opportunities for observations/internships
- ☐ Begin to accumulate observation hours across different PT settings. (many DPT programs require 50-200+ 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 (School of Health Sciences, Human Services and Nursing).
- ☐ Investigate scholarship and funding opportunities - internal and external funds- government finds, college funds, philanthropic org funds - explore all possibilities.

**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 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

JUNIOR

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
***Notes:** Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with approval of the adviser*
- 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.
- ☐ 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. Connect with alumni + successful PT applicants from our college to get peer mentorship.
- ☐ Prepare for or take the GRE and begin writing your personal statement and experience essay for PTCAS.
- ☐ Attend PT school open houses.

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 423 - Exercise Physiology II
- 5 PHY 167 - General Physics II
- 3 Elective
- 17 **TOTAL CREDITS**

- ☐ Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐ Finalize your list of PT schools to apply to.
- ☐ Apply to PT schools through PTCAS 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.

SENIOR

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

- ☐ 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 PT 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.

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 physical education conferences to widen your network and connect with recruiters.
- ☐ Complete and submit PT applications and secure another internship.
- ☐ 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 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).*