

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

1. Type of Change: Degree Requirements (total number of credits)

2. FROM:

The curriculum consists of [46] graduate credits and includes core courses, an area of specialization, elective graduate courses, a supervised internship, a capstone seminar, and a capstone project. Course and credit requirements are as follows:

Core Courses [(19 credits)]: All students are required to take the following courses and credits:

- PHE 600 Biostatistics in Public Health (3 cr.)
- PHE 606 Public Health Epidemiology (3 cr.)
- [PHE 700 History and Philosophy of Public Health (3 cr.)]
- PHE 701 Public Health Policy and Management (3 cr.)
- PHE 702: Environmental Health. *[5 hours (3, lecture; 2, lab), 4 credits.* Impact of human activities on environmental quality and human health; effect of environment on health and disease; examination of ecological principles, environmental health assessment, health policy/law and environmental justice; human population dynamics; and types and sources of pollutants and approaches to prevention and control. Environmental disease monitoring and health risk assessment are examined in a two-hour laboratory using Geographical Information Science (GISc).]
- PHE 703 Social and Behavioral Dimensions of Health (3 cr.)

Specialization [(9 credits)]: All students are required to take the following courses and credits:

- PHE 709 Health Equity and Social Justice (3 cr.)
- PHE 710 Applications of Research Methods in Public Health (3 cr.)
- PHE 715 [Public Health Program] Planning and Evaluation (3 cr.)

Electives (9 credits): Graduate-level courses selected with the approval of the graduate adviser.

Internship (3 credits)

- PHE 770 Public Health Internship (180 hours)

[Capstone Seminar (3 credits)

- PHE 790 Public Health Capstone Seminar PREREQ: PHE 770.]

Capstone Project (3 credits)

- PHE 792 Public Health Capstone Project. PREREQ: PHE 790.

3. TO:

The curriculum consists of 45 graduate credits and includes core courses, an area of specialization, elective graduate courses, a supervised internship, a capstone seminar, and a capstone project. Course and credit requirements are as follows:

Core Courses (15 credits): All students are required to take the following courses and credits:

- PHE 600 Biostatistics in Public Health (3 cr.)
- PHE 606 Public Health Epidemiology (3 cr.)
- PHE 701 Public Health Policy and Management (3 cr.)
- PHE 702 Environmental Health (3 cr.)
- PHE 703 Social and Behavioral Dimensions of Health (3 cr.)

Specialization (15 credits): All students are required to take the following courses and credits:

- PHE 700 History and Philosophy of Public Health (3 cr.)
- PHE 709 Health Equity and Social Justice (3 cr.)
- PHE 710 Applications of Research Methods in Public Health (3 cr.)
- PHE 715 Planning and Evaluation of Community-based Public Health Programs (3 cr.)
- PHE 790 Public Health Capstone Seminar PREREQ: PHE 770 (3 cr.).

Electives (9 credits): Graduate-level courses selected with the approval of the graduate adviser.

Internship (3 credits)

- PHE 770 Public Health Internship (180 hours)

Capstone Project (3 credits)

- PHE 792 Public Health Capstone Project. PREREQ: PHE 790.

4. Rationale:

All MPH Programs (at Hunter, Brooklyn and Lehman Colleges) in the proposed CUNY School of Public Health must have the same Degree Requirements in terms of number of credits. In reducing our number of credits from 46 to 45, we have eliminated the additional lab hour in our Environmental Health course. The technique of GISc will be introduced and taught in the classroom. Students can take a full GISc course as an elective if they choose. The extra lab hours are not required as lab content is covered in lectures.

Please note the re-arrangement of the courses. All MPH Programs have five core courses, now listed separately as “Core Courses”.

All MPH Programs must have a specialization track. The Lehman track is “community-based public health and health equity”. In the proposed CUNY School of Public Health

all tracks consist of 15-18 credits. Therefore, we have reorganized the courses to fit into the appropriate categories and have a “specialization track” of 15 credits.

5. **Date of Departmental Approval:** September 16, 2009

LEHMAN COLLEGE OF THE CITY UNIVERSITY OF NEW YORK

DEPARTMENT OF HEALTH SCIENCES

CURRICULUM CHANGE

1. Type of Change: New Course

2. Course Description:

DFN 542: Theory and Practice of Sport Nutrition, 3 hours 3 credits

The study of sports nutrition including energy required by exercise and sport, energy and nutrient intake, the importance of physiology, nutrition and exercise physiology and risks and benefits or ergogenic aids. Case studies will be included. **Course Prerequisites:** HSD 240 or equivalent.

3. Rationale: This course will increase the sports nutritional knowledge of graduate students. Exercise challenges the human body to respond and adapt, and proper nutrition supports these processes. The course provides students with practical knowledge in exercise and nutrition science and it helps them understand why proper nutrition helps athletes prevent injury, enhance recovery, improve daily workouts and maintain optimal health and body weight. This course supports graduate programs in the Department of Health Sciences and Nursing.

4. Learning Objectives/Assessment Strategies:

At the completion of this course the student should be able to:

1. Explain the importance of training and nutrition.
2. Understand energy, energy systems and exercise.
3. Describe the major nutrients: carbohydrates, proteins and fats, vitamins, water and minerals and their roles in the body; especially in relation to exercise and sport.
4. Explain the ergogenic aids in sports.
5. Understand the concepts of diet planning.
6. Understand the weight and body composition.
7. Recognize the relationship between physical fitness, health, and nutrition.
8. Describe the disordered eating and exercise patterns in athletes.

Assessment Strategies:

Learning objectives 1 and 2 will be assessed by exams.

Learning objectives 3, 6 and 8 will be assessed by quizzes.

Learning objectives 4 and 8 will be assessed by discussion board assignments on Blackboard.

Learning objectives 5 and 7 will be assessed by projects.

5. Date of the Department Approval: September 16, 2009

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

- 1. Type of Change: Change in course credits and hours**
- 2. FROM: PHE 702: Environmental Health. [5 hr., (3, lecture; 2, lab), 4 cr.]** Impact of human activities on environmental quality and human health; effect of environment on health and disease; examination of ecological principles, environmental health assessment, health policy/law and environmental justice; human population dynamics; and types and sources of pollutants and approaches to prevention and control. Environmental disease monitoring and health risk assessment are examined [in a two-hour laboratory] using Geographical Information Science (GISc).
- 3. TO: PHE 702 Environmental Health, 3 hr. 3 cr.**
Impact of human activities on environmental quality and human health; effect of environment on health and disease; examination of ecological principles, environmental health assessment, health policy/law and environmental justice; human population dynamics; and types and sources of pollutants and approaches to prevention and control. Environmental disease monitoring and health risk assessment are examined using Geographical Information Science (GISc).
- 4. Rationale:**
All MPH Programs (at Hunter, Brooklyn and Lehman Colleges) in the proposed CUNY School of Public Health must have the same Degree Requirements in terms of number of credits. In reducing our number of credits from 46 to 45, we have eliminated the lab hours in our Environmental Health course. The technique of GISc will be introduced and taught in the classroom. Students can take a full GISc course as an elective if they choose. Extra lab hours are not required as the lab content is covered in the lectures.
- 5. Date of Departmental Approval:** September 16, 2009

**LEHMAN COLLEGE
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CURRICULUM CHANGE**

- 1. Type of Change:** Change in course title
- 2. From:** **PHE 715 [Program] Planning and Evaluation, 3 hr., 3 cr.**

Fundamental approaches and methods for planning and evaluating public health programs. Application of theory and the empirical literature as a means of developing skills in evidence-based public health practice.

- 3. To:** **PHE 715 Planning and Evaluation of Community-based Public Health Programs, 3 hr. 3 cr.**

Fundamental approaches and methods for planning and evaluating public health programs. Application of theory and the empirical literature as a means of developing skills in evidence-based public health practice.

- 4. Rationale:** The new title relates more directly to the Lehman MPH specialization track of community-based public health and health equity. The accrediting organization (CEPH) suggested changing course titles to make the track specialization more explicit. The learning goals and objectives remain the same.
- 5. Date of Departmental Approval:** September 16, 2009