

Exercise Science, BS

Subplan Exercise and Movement Science

Academic Plan: EXS-BS
Program Code: 32639

This degree map is a term-by-term sample course schedule designed to assist you and your advisor in planning your 4-year academic path to graduation with an Exercise Science Degree. You and your advisor will use it, along with the program of study for your major (found in the [Lehman Bulletin](#) for the year of your major declaration) and Degree Works (degree audit system), to formulate your customized plan.

30

CUNY Common Core Credits

12

Lehman College Option Credits

61.5

Major Credits

12

Minor or Certificate Credits (recommended)

4.5

Elective Credits

LEGEND:

Course Abbreviation

Credits

Class Name

Blue: Lehman Core Requirement (LCR)
Requirement fulfilled

Green: Major Requirement

Gold: Elective, Minor, or Certificate

- see footnote

Underlined information is hyperlinked

FRESHMAN

FALL

ENG 111 English Composition I <i>Required Core – Communication</i>	3 CR
LCR <i>Flexible Core – World Cultures and Global Issues</i>	3 CR
MAT 104 (depending on your math placement) or Elective	3 CR
BIO 181 Anatomy and Physiology I <i>Required Core – Life and Physical Science</i>	4 CR
Elective LEH 100 (recommended) The Liberal Arts - Freshman Seminar	3 CR

SPRING

ENG 121 English Composition II <i>Required Core – Communication</i>	3 CR
LCR <i>Flexible Core - US Experience in Its Diversity</i>	3 CR
BIO 182 Anatomy and Physiology II	4 CR
EXS 264 Introduction to Exercise Science	3 CR
MAT 132 Introduction to Statistics <i>Required Core – Quantitative Skills</i>	4 CR

16 FALL CREDITS + 17 SPRING CREDITS = 33 CREDITS

SOPHOMORE

FALL

LCR Foreign Language I <i>Lehman College Option</i>	3 CR
LCR <i>Flexible Core – Creative Expression</i>	3 CR
CHE 114 and CHE 115 Essentials of General Chemistry Lecture and Lab <i>Flexible Core – Scientific World</i>	4.5 CR
EXS 265 Behavioral Aspects of Physical Activity	3 CR
HSD 240 Nutrition and Health	3 CR

SPRING

LCR Foreign Language II <i>Lehman College Option</i>	3 CR
LCR <i>Flexible Core – Individual and Society</i>	3 CR
LCR <i>Flexible Core – Any area</i> ^[1]	3 CR
EXS 315 Kinesiology and Biomechanics	3 CR
HSD 269 Fundamentals of Biostatistics for Health Professionals	3 CR

33 PRIOR CREDITS + 16.5 FALL CREDITS + 15 SPRING CREDITS = 64.5 CREDITS

JUNIOR

FALL	
LCR <u>LEH 352, 353, 354, or 355</u> ^[2] <i>Lehman College Option</i>	3 CR
EXS 316 Motor Learning	3 CR
EXS 323 Exercise Physiology I	3 CR
EXS 424 Principles and Practices of Fitness and Wellness Programming	3 CR
Major Electives ^[3]	3 CR

SPRING	
LCR <u>LEH 352, 353, 354, or 355</u> ^[2] <i>Lehman College Option</i>	3 CR
EXS 326 Exercise Testing and Prescription	3 CR
EXS 423 Exercise Physiology II	3 CR
EXS 425 Theory and Methods of Strength and Conditioning	3 CR
EXS 430 Research Methods in Exercise Science	3 CR

64.5 PRIOR CREDITS + 15 FALL CREDITS + 15 SPRING CREDITS = 94.5 CREDITS

SENIOR

FALL	
EXS 470 Internship in Exercise Science I	3 CR
Elective	4.5 CR
Minor or Certificate Course I ^[4]	3 CR
Minor or Certificate Course II ^[4]	3 CR

SPRING	
EXS 471 Internship in Exercise Science II	3 CR
Elective	3 CR
Minor or Certificate Course III ^[4]	3 CR
Minor or Certificate Course IV ^[4]	3 CR

94.5 PRIOR CREDITS + 13.5 FALL CREDITS + 12 SPRING CREDITS = 120 CREDITS

[1] No more than two courses in one discipline may be used to satisfy Flexible Core requirements.

[2] 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).

[3] Major Electives: Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with approval of the adviser.

[4] We strongly recommend clustering 12- 15 elective credits to obtain a minor or certificate that complements your general and major field of study. The choice of the minor or certificate depends on your interest and should be coordinated with advisors. Check out more information of Minor or Certificates with your advisor.

NOTE: Writing Intensive Sections: Complete 4 sections designated as writing-intensive, 3 prior to earning 60 credits and 1 following. These sections may be searched by class attribute and are offered in General Education, major, minor and elective courses.

[See other degree maps.](#)