

# Macaulay Honors College

## MHC Exercise Science, BS

### Subplan Exercise and Movement Science

Academic Plan: MHCEXS-BS

Program Code: 38637

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 Catalog](#) for the year of your major declaration) and Degree Works (degree audit system), to formulate your customized plan.

**30**

**CUNY Common Core Credits**

**9-18**

**Additional Macaulay Honors Requirements**

**12**

**Lehman College Option Credits**

**61.5**

**Major Credits**

**0-6**

**Elective Credits**

#### **LEGEND:**

**Course Abbreviation**

**Credits**

Class Name

Blue: Lehman Core Requirement (LCR) &  
Macaulay Honors College Requirement  
*Requirement fulfilled*

Green: Major Requirement

Gold: Elective, Minor, or Certificate

# - see footnote

Underlined information is hyperlinked

# FRESHMAN

<b>FALL</b>	
<b>ENG 111</b> English Composition I <i>Required Core – Communication</i>	3 CR
<b>MHC 350</b> The Arts in New York City Fulfills <i>Flexible Core – Creative Expression</i>	3 CR
<b>MAT 104</b> (depending on your math placement) or Elective	3 CR
<b>BIO 181</b> Anatomy and Physiology I <i>Required Core – Life and Physical Science</i>	4 CR
Note: Macaulay Honors Advisement <sup>[3]</sup>	

<b>SPRING</b>	
<b>MHC 351</b> The Peopling of New York City Fulfills <i>Flexible Core – US Experience in Its Diversity</i>	3 CR
<b>LCR</b> <i>Flexible Core – World Cultures and Global Issues</i>	3 CR
<b>BIO 182</b> Anatomy and Physiology II	4 CR
<b>EXS 264</b> Introduction to Exercise Science	3 CR
<b>MAT 132</b> Introduction to Statistics <i>Required Core – Quantitative Skills</i>	4 CR
Note: Macaulay Honors Advisement <sup>[3]</sup>	

13 FALL CREDITS + 17 SPRING CREDITS = 30 CREDITS

# SOPHOMORE

<b>FALL</b>	
<b>MHC 352</b> Science and Technology in New York City Fulfills <i>Flexible Core – Scientific World</i>	3 CR
<b>LCR</b> Foreign Language I <i>College Option - Foreign Language</i>	3 CR
<b>CHE 114 and CHE 115</b> Essentials of General Chemistry Lecture and Lab <i>Flexible Core – Any area</i> <sup>[1]</sup>	4.5 CR
<b>EXS 265</b> Behavioral Aspects of Physical Activity	3 CR
<b>HSD 240</b> Nutrition and Health	3 CR
Note: Macaulay Honors Advisement <sup>[3]</sup>	

<b>SPRING</b>	
<b>ENG 121</b> English Composition II <i>Required Core – Communication</i>	3 CR
<b>MHC 353</b> Shaping the Future of New York City Fulfills <i>Flexible Core – Individual and Society</i>	3 CR
<b>LCR</b> Foreign Language II <i>College Option - Foreign Language</i>	3 CR
<b>EXS 315</b> Kinesiology and Biomechanics	3 CR
<b>HSD 269</b> Fundamentals of Biostatistics for Health Professionals	3 CR
Note: Macaulay Honors Advisement <sup>[3]</sup>	

30 PRIOR CREDITS + 16.5 FALL CREDITS + 15 SPRING CREDITS = 61.5 CREDITS

# JUNIOR

<b>FALL</b>	
<u>LSP ###/ MHC ###</u> <sup>[6]</sup> <i>Select one LSP/MHC Seminar</i>	3 CR
<u>EXS 316</u> Motor Learning	3 CR
<u>EXS 323</u> Exercise Physiology I	3 CR
<u>EXS 424</u> Principles and Practices of Fitness and Wellness Programming	3 CR
<u>Major Electives</u> <sup>[2]</sup>	3 CR
Note: Additional Macaulay Requirements <sup>[4]</sup>	

<b>SPRING</b>	
<u>Internship or Study Abroad</u> <u>or Elective</u> <sup>[5]</sup>	3 CR
<u>LSP ###/ MHC ###</u> <sup>[6]</sup> <i>Select one LSP/MHC Seminar</i>	3 CR
<u>EXS 326</u> Exercise Testing and Prescription	3 CR
<u>EXS 423</u> Exercise Physiology II	3 CR
<u>EXS 425</u> Theory and Methods of Strength and Conditioning	3 CR
<u>EXS 430</u> Research Methods in Exercise Science	3 CR
Note: Additional Macaulay Requirements <sup>[4]</sup>	

61.5 PRIOR CREDITS + 15 FALL CREDITS + 18 SPRING CREDITS =94.5 CREDITS

# SENIOR

<b>FALL</b>	
<u>Senior Year Option 1 or 2</u> <sup>[7]</sup>	3-6 CR
<u>LSP ###/ MHC ###</u> <sup>[6]</sup> <i>Select one LSP/MHC Seminar</i>	3 CR
<u>LCR</u> Foreign Language III <i>College Option - Foreign Language</i>	3 CR
<u>EXS 470</u> Internship in Exercise Science I	3 CR
<u>Elective</u>	3 CR

<b>SPRING</b>	
<u>Senior Year Option 1 or 2</u> <sup>[7]</sup>	3-6 CR
<u>LCR</u> Foreign Language IV <i>College Option - Foreign Language</i>	3 CR
<u>EXS 471</u> Internship in Exercise Science II	3 CR
<u>Elective</u>	3 CR

94.5 PRIOR CREDITS + 15 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] Major Electives: Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with approval of the adviser.

[3] Every Macaulay Honors student is required to meet with the Macaulay Honors Advisor prior to registration during their first four terms.

[4] Every Macaulay Honors student is required to complete a minimum of 30 hours of community service by their senior year.

[5] Every Macaulay Honors student is required to complete at least one (1) qualifying internship or study abroad experience. Students may fulfill this requirement with a paid, unpaid, and credit-bearing or non-credit bearing experience. In all instances, students must complete an MHC internship agreement form and subsequent internship evaluation, in order to be acknowledged for fulfilling this requirement.

[6] Every Macaulay Honors student is required to complete nine (9) credits in Upper Level honors courses (MHC or LSP). These courses can be taken at the Macaulay Honors College, which may require an ePermit (See Advisor). They may also be taken on campus by enrolling in an LSP Seminar.

[7] Macaulay Honors students may chose a Senior Option 1 or Senior Option 2 based on the following

Senior Option 1

Fall Semester: LSP ###/ MHC ### (select one LSP/MHC seminar)

Spring Semester: Honors in Major (Where offered) or LSP 481: Honors Tutorial

Senior Option 2

Fall Semester: LSP ###/ MHC ### (select one LSP/MHC seminar) and MHC 355: Research Seminar (Part 1

Spring Semester: MHC 355: Research Seminar (Part 2)

*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.*

*\*NOTE: Kindly speak with your Macaulay Honors advisor or Honors Program Director. For further information, kindly view the following link:*

*<https://macaulay.cuny.edu/admissions/tuition-and-merit-scholarship/tuition-information/>*

See other degree maps.

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