Macaulay Honors College
MHC Exercise Science, BS
Subplan Pre-Physical Therapy

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.

<table>
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<tr>
<th>Credits</th>
<th>Category</th>
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<tr>
<td>30</td>
<td>CUNY Common Core Credits</td>
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<td>9-18</td>
<td>Additional Macaulay Honors Requirements</td>
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<td>12</td>
<td>Lehman College Option Credits</td>
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<td>63</td>
<td>Major Credits</td>
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<tr>
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**LEGEND:**
- **Course Abbreviation**
  - Blue: Lehman Core Requirement (LCR) & Macaulay Honors College Requirement fulfilled
  - Green: Major Requirement
  - Gold: Elective, Minor, or Certificate
- * - see footnote
- Underlined information is hyperlinked
FRESHMAN

FALL

ENG 111  
English Composition I  
*Required Core – Communication*

MHC 350  
The Arts in New York City  
*Fulfills Flexible Core – Creative Expression*

MAT 104  
(depending on your math placement) or Elective

BIO 181  
Anatomy and Physiology I  
*Required Core – Life and Physical Science*

Note: Macaulay Honors Advisement

SPRING

MHC 351  
The Peopling of New York City  
*Fulfills Flexible Core – US Experience in Its Diversity*

LCR  
*Flexible Core – World Cultures and Global Issues*

BIO 182  
Anatomy and Physiology II

EXS 264  
Introduction to Exercise Science

MAT 132  
Introduction to Statistics  
*Required Core – Quantitative Skills*

Note: Macaulay Honors Advisement

13 FAL CREDITS + 17 SPRING CREDITS = 30 CREDITS

SOPHOMORE

FALL

MHC 352  
Science and Technology in New York City  
*Fulfills Flexible Core – Scientific World*

LCR  
Foreign Language I  
*College Option - Foreign Language*

CHE 166 and CHE 167 -LCR  
General Chemistry I Lecture and Lab  
*Flexible Core – Any area*[1]

EXS 265  
Behavioral Aspects of Physical Activity

MAT 172  
Precalculus

Note: Macaulay Honors Advisement

SPRING

ENG 121  
English Composition II  
*Required Core – Communication*

MHC 353  
Shaping the Future of New York City  
*Fulfills Flexible Core – Individual and Society*

CHE 168 and CHE 169  
General Chemistry II Lecture and Lab

EXS 315  
Kinesiology and Biomechanics

Note: Macaulay Honors Advisement

30 PRIOR CREDITS + 18.5 FALL CREDITS + 14.5 SPRING CREDITS = 63 CREDITS
**FALL**

- **LSP ###/ MHC ###** [5] 3 CR
  Select one LSP/MHC Seminar

- LCR 3 CR
  Foreign Language II
  *College Option - Foreign Language*

- **EXS 316** 3 CR
  Motor Learning

- **EXS 323** 3 CR
  Exercise Physiology I

- **PHY 166** 5 CR
  General Physics I

*Note: Additional Macaulay Requirements [3]*

**SPRING**

- **Internship or Study Abroad** 3 CR
  or **Elective** [4]

- **LSP ###/ MHC ###** [5] 3 CR
  Select one LSP/MHC Seminar

- **EXS 326** 3 CR
  Exercise Testing and Prescription

- **EXS 423** 3 CR
  Exercise Physiology II

- **PHY 167** 5 CR
  General Physics II

*Note: Additional Macaulay Requirements [3]*

**FALL**

- **Senior Year Option 1 or 2** [6] 3-6 CR

- **LSP ###/ MHC ###** [5] 3 CR
  Select one LSP/MHC Seminar

- LCR 3 CR
  Foreign Language III
  *College Option - Foreign Language*

- **EXS 425** 3 CR
  Theory and Methods of Strength and Conditioning

- **EXS 470** 3 CR
  Internship in Exercise Science I

**SPRING**

- **Senior Year Option 1 or 2** [6] 3-6 CR

- LCR 3 CR
  Foreign Language IV
  *College Option - Foreign Language*

- **EXS 471** 3 CR
  Internship in Exercise Science II

- **Elective** 3 CR

*63 PRIOR CREDITS + 17 FALL CREDITS + 17 SPRING CREDITS = 97 CREDITS*

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

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

[4] 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.

[5] 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.

[6] Macaulay Honors students may choose 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.

July 19, 2021