

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. Type of change: *New Course*

2. Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 267
Course Title	Practical Aerobic & Anaerobic Training
Description	The study of aerobic and anaerobic exercise training, how these affect the body, and learn training routines for improving aerobic fitness, aerobic endurance, anaerobic power, and anaerobic capacity. The development of skills in specific modes of exercise training, allowing students to find activities they enjoy as well as build a toolbox of options
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition

3. Rationale:

While a scientific understanding of how the body responds and adapts to exercise is crucial for an exercise science student, purely academic understanding does not always translate to practice. An exercise science student should not only be able to discuss how and why exercise improves health and performance but should also be able to list and demonstrate a multitude of exercises. In addition, non-exercise science students should have access to the knowledge within the department to help themselves improve their own exercise knowledge, health, and fitness routines.

4. **Learning Outcomes (By the end of the course students will be expected to):**

- Describe the basic science and benefits of aerobic and anaerobic training.
- Identify the physiologic and performance benefits of various approaches to aerobic and anaerobic training
- Demonstrate various modes and approaches to both aerobic and anaerobic training.
- Write out a training plan (through at least 1 macro-cycle)

5. **Date of Departmental Approval:** 08/29/2023