

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Course description

2. **From:**

Department(s)	Exercise Sciences and Recreation
Career	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Human Performance and Fitness
Course Prefix & Number	EXS 670
Course Title	Research Practicum in Applied Exercise Science
Description	Minimum of 120 hours in a research-based setting on an applied exercise-related topic.
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 <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **To:**

Department(s)	Exercise Sciences and Recreation
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Career	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Human Performance and Fitness
Course Prefix & Number	EXS 670
Course Title	Research Practicum in Applied Exercise Science
Description	Minimum of 120 hours in a research-based setting on an applied exercise-related topic. <u>May be repeated for a maximum of six credits.</u>
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	X Not Applicable ____ Required ____ English Composition ____ Mathematics ____ Science ____ Flexible ____ World Cultures ____ US Experience in its Diversity ____ Creative Expression ____ Individual and Society ____ Scientific World

4. **Rationale:**

A primary goal of the Human Performance and Fitness program is to ensure that students become evidence-based fitness professionals. Inherent to this goal is that students are proficient in understanding and interpreting exercise-related research. Being directly involved in a research-based setting provides keen insights into the research process that cannot be appreciated without experience in this realm.

This course allows graduate students to engage in research, but based on feedback from the students there is a need for additional exposure in this area. Thus, we deem it important to extend opportunities in research by allowing students to repeat this course twice, so they can maximize their research-related experience. This will be particularly important for students who aspire to a career as a college professor or researcher, which comprises about half of the current students in the program. Acceptance into the top Ph.D. programs is very competitive in exercise science and having substantial

research experience can be a determining factor for admission. Moreover, students in the thesis option will benefit from gaining additional experience in research before carrying out their study, and thus be better prepared for their thesis research.

The proposed course change is to allow EXS 670 to be repeated twice for a maximum of six credits.

5. **Date of departmental approval:** 10/31/23