

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

DEPARTMENT OF HEALTH SCIENCES

CURRICULUM CHANGE

Name of Program and Degree Award: Human Performance and Fitness, M.S.

Hegis Number: 1299.30

Program Code: 39966

Effective Term: Fall 2022

1. **Type of Change:** Change in Elective Courses

2. **From:**
Human Performance and Fitness, M.S. Program

Lehman College's M.S. in Human Performance and Fitness Program aims to equip students with the necessary skills and competencies required to function efficiently in the field of exercise science, and physical fitness and wellness. With personal health and fitness occupying much of our nation's attention, a graduate degree that ties together the studies of anatomy, kinesiology, physiology, sports nutrition and other related exercise science disciplines, is an excellent way to tap into a plentiful job market whose goal is the promotion of a healthier nation through exercise and fitness interventions. In addition, the program utilizes the Human Performance Laboratory, with its state-of-the-art equipment, and the additional resources of the APEX facility, including its fitness and weight training centers.

The program prepares students for careers in corporate and community fitness programs, health clubs, and similar fitness-related industries. Although the program does not fulfill teacher certification requirements, it is of particular appeal to public school teachers (primary and secondary) in health and physical education, who are required by New York State to obtain a master's degree for continued employment. Positions in sales or marketing of medical, fitness, sports supplements and sports-related equipment may also be appropriate for students with this degree. In addition, the program prepares students for doctoral programs in areas related to exercise science and to carry out research that advances the emerging body of literature in human health, fitness and performance.

Admission Requirements

The following admission requirements apply for entry into the program:

- Bachelor's degree (or its equivalent) from an accredited college or university.
- Demonstration of the potential to pursue graduate study successfully—that is, attainment of a minimum undergraduate Grade Point Average (GPA) of 3.0 in the undergraduate record as a whole and a 3.0 in courses specific to exercise

science. Extraordinary circumstances for applicants with a lower GPA will be considered on a case-by-case basis at the discretion of the program director.

- A minimum of 30 credit hours in exercise-related coursework. Those who do not meet these requirements can apply for special circumstances and admission will be considered on case-by-case basis. Viable candidates will be required to take leveling courses at the undergraduate level based on their academic background and then admitted conditionally provided they pass these courses.
- Submission of three letters of recommendation, at least two of which must be from a person directly involved in the field of exercise science, either as a professor, researcher, or practitioner.
- Submission of a personal statement of approximately 500 words indicating as precisely as possible the applicant's preparation for master's work and interest in pursuing a career in the fitness field.

Degree Requirements

Option 1: Thesis

Core Courses (18 Credits)

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses (9 Credits)

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 670 Research Practicum in Applied Exercise Science	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3

Thesis (6 Credits)

	Credits
EXS 790 Thesis Workshop	1 3

EXS 791 Thesis Workshop 2 3

Option 2: Capstone Project

Core Courses (18 Credits)

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses 12 Credits

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 670 Research Practicum in Applied Exercise Science	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3

Capstone Project (3 Credits)

	Credits
EXS 795 Capstone Project Workshop	3

3. To: Human Performance and Fitness, M.S. Program

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Option 1: Thesis

Core Courses (18 Credits)

	Credits
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EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
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Elective Courses (9 Credits)

	Credits
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EXS 616 Advanced Motor Learning and Performance	3
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 670 Research Practicum in Applied Exercise Science	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3
<u>HEA 600 Biostatistics</u>	<u>3</u>

Thesis (6 Credits)

	Credits
EXS 790 Thesis Workshop 1	3
EXS 791 Thesis Workshop 2	3

Option 2: Capstone Project**Core Courses (18 Credits)**

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses 12 Credits

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 670 Research Practicum in Applied Exercise Science	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3
<u>HEA 600 Biostatistics</u>	<u>3</u>

Capstone Project (3 Credits)

	Credits
EXS 795 Capstone Project Workshop	3

4. Rationale:

Knowledge of biostatistics is important for students in the MS/ Human Performance and Fitness program to draw proper inferences from research data. Additional elective courses are needed for students to have a breadth of knowledge that suits their aspirations, and thus allowing students the ability to take biostatistics would be beneficial. The course is already offered in HEA and its learning objectives match those needed by MS/ Human Performance and Fitness students, so there is not a need to create a separate EXS course.

5. Date of departmental approval: 10/06/2021