

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

Name of Program and Degree Award: Exercise Science, BS

Hegis Number: 1299.30

Program Code: 32639

Effective Term: Spring 2025

1. **Type of Change:** Degree Requirements

2. **From:** ~~Strike through~~ the changes
Exercise Science, BS

Option 1: Exercise and Movement Science

Major Requirements (60.5 credits). The major field requirements include the completion of 45 credits in Exercise Science core courses; 12.5 credits in science courses; 3 credits major elective in Exercise Sciences and Recreation

Exercise Science Courses (45 credits):

	Credits
EXS 240 Nutrition and Health	3
EXS 264 Introduction to Exercise Science	3
EXS 265 Behavioral Aspects of Physical Activity	3
EXS 315 Kinesiology and Biomechanics	3
EXS 316 Motor Learning	3
EXS 323 Exercise Physiology I	3
EXS 326 Exercise Testing and Prescription	3
EXS 342 Sports Nutrition	3
EXS 423 Exercise Physiology II	3
EXS 424 Principles and Practices of Fitness and Wellness Programming	3
EXS 425 Theory and Methods of Strength and Conditioning	3
EXS 427 Application of Training Principles	3
EXS 430 Research Methods and Statistics in Exercise Science	3
EXS 470 Pre-Internship Seminar in Exercise Science	3
EXS 471 Internship in Exercise Science	3

b. Science Courses (12.5 credits)

	Credits
BIO 181 Anatomy and Physiology I	4
BIO 182 Anatomy and Physiology II	4
CHE 114 General Chemistry I	3

CHE 115 General Chemistry Laboratory I 1.5

c. Major Elective (3 credits)

Select from EXS, REC, REH and THR, courses with approval of the adviser.

GENERAL ELECTIVES:

Sufficient credits to reach a total of 120 credits required for graduation.

Option 2: Pre-Physical Therapy

Major Requirements (62 - 68 credits). The major field requirements include the completion of 33 credits in Exercise Science core courses; 29 credits in science courses.

Pre-requisites (4-6 credits):

MAT 172 or MAT 171 and MAT 108, or placement in to calculus is required in order to enroll in several courses required for the major. MAT 171 or MAT 172 can be used to fulfill the College Mathematical and Quantitative Reasoning Requirement. Students who complete the pre-requisite before declaring the major, or who fulfill it by placement in to calculus, may complete Option 2 of the Exercise Science B.S. in 62 credits.

a. Exercise Science Courses (33 credits):

	Credits
EXS 264 Introduction to Exercise Science	3
EXS 265 Behavioral Aspects of Physical Activity	3
EXS 315 Kinesiology and Biomechanics	3
EXS 316 Motor Learning	3
EXS 323 Exercise Physiology I	3
EXS 326 Exercise Testing and Prescription	3
EXS 423 Exercise Physiology II	3
EXS 425 Theory and Methods of Strength and Conditioning	3
EXS 430 Research Methods and Statistics in Exercise Science	3
EXS 470 Pre-Internship Seminar in Exercise Science	3
EXS 471 Internship in Exercise Science	3

b. Science Courses (29 credits)

	Credits
BIO 181 Anatomy and Physiology I	4
BIO 182 Anatomy and Physiology II	4
CHE 166 General Chemistry I	4
CHE 167 General Chemistry Laboratory I	1.5
CHE 168 General Chemistry II	4
CHE 169 General Chemistry Laboratory II	1.5
PHY 166 General Physics I	5
PHY 167 General Physics II	5

GENERAL ELECTIVES:

BIO 166 and BIO 167, PSY 166 and PSY 217 are recommended as general electives but are not required for this major.

Dual Credit Option

Undergraduate students majoring in Exercise Science with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of these undergraduate courses: EXS 504, 505, 615, 616. The student must receive permission and recommendation prior to registration.

3. **To:** Underline the changes
Exercise Science, BS

Option 1: Exercise and Movement Science

Major Requirements (60.5 credits). The major field requirements include the completion of 45 credits in Exercise Science core courses; 12.5 credits in science courses; 3 credits major elective in Exercise Sciences and Recreation

Exercise Science Courses (45 credits):

	Credits
EXS 240 Nutrition and Health	3
EXS 264 Introduction to Exercise Science	3
EXS 265 Behavioral Aspects of Physical Activity	3
EXS 315 Kinesiology and Biomechanics	3
EXS 316 Motor Learning	3
EXS 323 Exercise Physiology I	3
EXS 326 Exercise Testing and Prescription	3
EXS 342 Sports Nutrition	3
EXS 366 Prevention & Care of Athletic Injuries	3
EXS 423 Exercise Physiology II	3
EXS 424 Principles and Practices of Fitness and Wellness Programming	3
EXS 425 Theory and Methods of Strength and Conditioning	3
EXS 430 Research Methods and Statistics in Exercise Science	3
EXS 470 Pre-Internship Seminar in Exercise Science	3
EXS 471 Internship in Exercise Science	3

b. Science Courses (12.5 credits)

	Credits
BIO 181 Anatomy and Physiology I	4
BIO 182 Anatomy and Physiology II	4
CHE 114 General Chemistry I	3
CHE 115 General Chemistry Laboratory I	1.5

c. Major Elective (3 credits)

Select from EXS, REC, REH and THR, courses with approval of the adviser.

GENERAL ELECTIVES:

Sufficient credits to reach a total of 120 credits required for graduation.

Option 2: Pre-Physical Therapy

Major Requirements (62 - 68 credits). The major field requirements include the completion of 33 credits in Exercise Science core courses; 29 credits in science courses.

Pre-requisites (4-6 credits):

MAT 172 or MAT 171 and MAT 108, or placement in to calculus is required in order to enroll in several courses required for the major. MAT 171 or MAT 172 can be used to fulfill the College Mathematical and Quantitative Reasoning Requirement. Students who complete the pre-requisite before declaring the major, or who fulfill it by placement in to calculus, may complete Option 2 of the Exercise Science B.S. in 62 credits.

a. Exercise Science Courses (33 credits):

	Credits
EXS 264 Introduction to Exercise Science	3
EXS 265 Behavioral Aspects of Physical Activity	3
EXS 315 Kinesiology and Biomechanics	3
EXS 316 Motor Learning	3
EXS 323 Exercise Physiology I	3
EXS 326 Exercise Testing and Prescription	3
EXS 423 Exercise Physiology II	3
EXS 425 Theory and Methods of Strength and Conditioning	3
EXS 430 Research Methods and Statistics in Exercise Science	3
EXS 470 Pre-Internship Seminar in Exercise Science	3
EXS 471 Internship in Exercise Science	3

b. Science Courses (29 credits)

	Credits
BIO 181 Anatomy and Physiology I	4
BIO 182 Anatomy and Physiology II	4
CHE 166 General Chemistry I	4
CHE 167 General Chemistry Laboratory I	1.5
CHE 168 General Chemistry II	4
CHE 169 General Chemistry Laboratory II	1.5
PHY 166 General Physics I	5
PHY 167 General Physics II	5

GENERAL ELECTIVES:

BIO 166 and BIO 167, PSY 166 and PSY 217 are recommended as general electives but are not required for this major.

Dual Credit Option

Undergraduate students majoring in Exercise Science with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of these undergraduate courses: EXS 504, 505, 615, 616. The student must receive permission and recommendation prior to registration.

4. Rationale (Explain how this change will impact learning outcomes of the department and Major/Program):

This change removes EXS 427 from the degree requirements in Option 1 (movement science) and adds EXS 366. There is no change in the total number of credits. While examining our curriculum, we found that EXS 427 had significant overlap with other required courses, specifically EXS 423 and EXS 425. In addition, our curriculum lacked training in the prevention and treatment of athletic injuries. Thus, we're requesting to remove EXS 427 and replace the 3 credits with EXS 366. There are no changes to Option 2.

5. Date of departmental approval: 2/27/2024

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

Name of Program and Degree Award: Recreation Education, B.S.

Hegis Number: 0835

Program Code: 02593

Effective Term: Spring 2025

1. **Type of Change:** Degree Requirements

2. **From:**
Recreation Education, B.S. (45 Credit Major)

~~The program in Recreation Education leads to the B.S. degree and is designed to prepare students for entry into the parks, recreation, and leisure services profession. Recreation and leisure services are provided in a variety of settings serving people of all ages in carefully planned and organized recreation programs. Students may concentrate in recreation management or exercise and sport.~~

Students in the recreation management concentration are employed in public park and recreation agencies, not-for-profit organizations, community recreation centers, camps, and sports associations.

Students in the exercise and sport concentration can work as programmers, fitness trainers, group exercise leaders or coaches, in sports and fitness programs in a variety of settings. Students are prepared to obtain various fitness certifications from several national organizations.

Fieldwork and internship experiences are important components of the major, which give students the opportunity to apply theory to practice in an actual work setting under the supervision of a qualified professional.

Students in this major that have met the academic requirements, upon graduation, and complete at least 1 year of full-time experience in the field are eligible to sit for the national certifying examination for the Certified Park and Recreation Professional (CPRP), administered by the National Recreation and Park Association.

Honors in Recreation Education:

Departmental honors in Recreation Education may be awarded to a student who has maintained an index of 3.5 in a minimum of 24 credits in all courses required for the major.

The required courses and credits are distributed as follows (45 credits):

24 credits in Recreation Education:

	Credits
REC 200 History and Philosophy of Recreation	3
REC 210 Recreation Leadership	3
REC 302 Administration of Recreation Service	3
REC 240 Inclusive Recreation	3
REC 260 Selected Topics in Recreation	3
REC 407 Research and Evaluation in Recreation Service	3
REC 422 Programming and Planning in Recreation	3

12 credits in one of two concentrations:

Recreation Management:

	Credits
REH 330 Management of Youth Serving Organizations	3
REC 361 Outdoor Recreation and Sustainable Management	3
REC 405 Facility Management in Recreation Service	3
REC 410 Advanced Finance and Human Resources Management in Recreation Service	3

Exercise and Sport:

	Credits
EXS 264 Introduction to Exercise Science	3
EXS 265 Behavioral Aspects of Physical Activity	3
EXS 304 Coaching and Team Sports	3
EXS 424 Principles and Practices of Fitness and Wellness Programming	3

6 credits selected from:

REC, THR, REH, EXS, ~~DNC, DFN, HEA, HSA, and/or HSD~~ courses with departmental approval.

6 credits in Recreation Internship:

	Credits
REC 470 Recreation Education Internship	3-6

~~Students may complete 100% of courses online~~

B.S.-M.S.Ed. Dual Credit Option in Recreation Education (Option A Only)

Undergraduate students majoring in Recreation Education with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S.Ed. in Recreation Education Option A: Recreation and Park Administration. The following graduate courses may be taken in place of these undergraduate courses: REC 702 (in place of REC 422), REC 706 (in place of REC 361), REC 680 (in place of REC 240), and REC 680 (in place of any other 300-level elective). The student must receive permission from both the academic undergraduate and graduate advisors.

**3. To:
Recreation Education, B.S. (49 Credit Major)**

The Bachelor of Science (B.S.) in Recreation Education is a fully online, 100% distance education program designed to prepare students for entry into the parks, recreation, and leisure services profession. This online program enables students to complete their studies from any location within the United States. Recreation and leisure services are provided in a variety of settings serving people of all ages in carefully planned and organized recreation programs. Students may concentrate in recreation management or exercise and sport.

Students in the recreation management concentration are employed in public park and recreation agencies, not-for-profit organizations, community recreation centers, camps, and sports associations.

Students in the exercise and sport concentration can work as programmers, fitness trainers, group exercise leaders or coaches, in sports and fitness programs in a variety of settings. Students are prepared to obtain various fitness certifications from several national organizations.

Fieldwork and internship experiences are important components of the major, which give students the opportunity to apply theory to practice in an actual work setting under the supervision of a qualified professional.

Students in this major that have met the academic requirements, upon graduation, and complete at least 1 year of full-time experience in the field are eligible to sit for the national certifying examination for the Certified Park and Recreation Professional (CPRP), administered by the National Recreation and Park Association.

Honors in Recreation Education:

Departmental honors in Recreation Education may be awarded to a student who has maintained an index of 3.5 in a minimum of 24 credits in all courses required for the major.

- Please note that this online program is not available to students studying on an F1 Visa.

The required courses and credits are distributed as follows (49 credits):

24 credits in Recreation Education:

	Credits
REC 200 History and Philosophy of Recreation	3
REC 210 Recreation Leadership	3
<u>REH 230 Introduction to Youth Studies</u>	<u>3</u>
REC 240 Inclusive Recreation	3
REC 260 Selected Topics in Recreation	3
REC 302 Administration of Recreation Service	3
REC 407 Research and Evaluation in Recreation Service	3
REC 422 Programming and Planning in Recreation	3

12 credits in one of two concentrations:

Recreation Management:

	Credits
REH 330 Management of Youth Serving Organizations	3
REC 361 Outdoor Recreation and Sustainable Management	3
REC 405 Facility Management in Recreation Service	3
REC 410 Advanced Finance and Human Resources Management in Recreation Service	3

Exercise and Sport:

	Credits
EXS 264 Introduction to Exercise Science	3
EXS 265 Behavioral Aspects of Physical Activity	3
<u>EXS 316 Motor Learning</u>	<u>3</u>
EXS 424 Principles and Practices of Fitness and Wellness Programming	3

6 credits selected from:

REC, THR, REH, and/or EXS courses with departmental approval.

7 credits in Recreation Internship:

	Credits
<u>THR 400 Pre-Internship Seminar</u>	<u>1</u>
REC 470 Recreation Education Internship	3-6

B.S.-M.S.Ed. Dual Credit Option in Recreation Education (Option A Only)

Undergraduate students majoring in Recreation Education with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S.Ed. in Recreation Education Option A: Recreation and Park Administration. The following graduate courses may be taken in place of these undergraduate courses: REC 702 (in place of REC 422), REC 706 (in place of REC 361), REC 680 (in place of REC 240), and REC

680 (in place of any other 300-level elective). The student must receive permission from both the academic undergraduate and graduate advisors.

4. Rationale (Explain how this change will impact learning outcomes of the department and Major/Program):

Program Description: Moving the information about the program being 100% distance education from the bottom of the description to the top will provide immediate guidance to students about their required degree requirements in the program. REH 230: Since REH 330 is a requirement for students in the recreation management option, it would be appropriate for students to take REH 230 as an introductory core course. Replacing EXS 304 with EXS 316: EXS 304 is difficult to offer in the online modality, therefore EXS 316 is a suitable alternative and provides students knowledge about motor learning, which is an important aspect of the exercise and sport option. Change in Departmental Elective Courses: As these are departmental elective courses, this change reflects the programs that are currently a part of the Department of Exercise Sciences and Recreation. THR 400: Providing students with a 1-credit hour pre-internship course prior to their internship will better prepare them for their internship experience.

5. Date of departmental approval: 2/27/2024

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

Name of Program and Degree Award: Therapeutic Recreation, B.S.

Hegis Number: 2199.00

Program Code: 24873

Effective Term: Spring 2025

1. **Type of Change:** Degree requirements, Title, Credits

2. **From:**

~~Therapeutic Recreation, B.S.~~

The B.S. in ~~Therapeutic Recreation~~ is designed to prepare students for entry into the therapeutic recreation profession and meets the eligibility requirements for taking the national certification exam for Certified Therapeutic Recreation Specialist (CTRS), upon graduation. Certified Therapeutic Recreation Specialists are employed in a wide range of agencies servicing people of all ages with illnesses, disabilities, and related health concerns. The CTRS is responsible for assessing the needs of their clients, planning and implementing a variety of individual and group therapeutic recreation services in conjunction with a person-centered approach, and documenting and evaluating the efficacy of the services as a member of the interdisciplinary team.

About the CTRS:

The National Council for Therapeutic Recreation Certification (NCTRC) serves as a professional certification organization acting in the public interest by establishing and enforcing education, examination, experience, and ethics requirements for the therapeutic recreation profession. Currently, the CTRS designation is represented in all 50 states and throughout Canada and nine other countries.

Recreation therapists with the CTRS certification have demonstrated a unique set of competencies, abilities, and skills for practice in a wide variety of health care and human service settings.

Entry-level professionals who seek the CTRS designation need to complete a defined set of requirements that include:

- A Bachelor's degree or higher in the concentrated area of Recreation Therapy/Therapeutic Recreation
- Completion of a minimum 14 week, 560-hour internship under the supervision of a CTRS
- Successful completion of the NCTRC Certification exam

Students who complete the B.S. in ~~Therapeutic Recreation~~ program meet the eligibility requirements to sit for the NCTRC Certification Exam.

~~Therapeutic Recreation~~, B.S. (53 Credit Major)

The required courses and credits are distributed as follows (53 credits):

12 credits Recreation Education:

REC 200 History and philosophy of Recreation 3
 REC 210 Recreation Leadership 3
 REC 302 Administration of Recreation Services 3
 REC 407 Research and Evaluation in Recreation Service 3

18 credits in ~~Therapeutic Recreation~~:

~~THR 221 Introduction to Therapeutic Recreation Service 3~~
~~THR 322 Assessment in Therapeutic Recreation 3~~
~~THR 324 Therapeutic Recreation for Children and Youth 3~~
~~THR 325 Therapeutic Recreation in Long Term Care 3~~
~~THR 421 Programs in Therapeutic Recreation Service 3~~
~~THR 425 Processes and Techniques of Therapeutic Recreation 3~~

~~40 credits in Recreation Internship:~~

~~THR 400 Pre-Internship Seminar 1~~
~~THR 471 Therapeutic Recreation Internship 1-9~~

13 credits in Supportive Coursework:

HIN 268 Growth and Development 3
 BIO 181 Anatomy and Physiology 4
 PSY 166 General Psychology 3
 PSY 234 Abnormal Psychology 3

3. **To:** Underline the changes
Recreational Therapy, B.S.

The B.S. in Recreational Therapy is designed to prepare students for entry into the therapeutic recreation profession and meets the eligibility requirements for taking the national certification exam for Certified Therapeutic Recreation Specialist (CTRS), upon graduation. Certified Therapeutic Recreation Specialists are employed in a wide range of agencies servicing people of all ages with illnesses, disabilities, and related health concerns. The CTRS is responsible for assessing the needs of their clients, planning, and implementing a variety of individual and group therapeutic recreation services in conjunction with a person-centered approach, and documenting and evaluating the efficacy of the services as a member of the interdisciplinary team.

About the CTRS:

The National Council for Therapeutic Recreation Certification (NCTRC) serves as a professional certification organization acting in the public interest by establishing and enforcing education, examination, experience, and ethics requirements for the therapeutic recreation profession. Currently, the CTRS designation is represented in all 50 states and throughout Canada and nine other countries.

Recreation therapists with the CTRS certification have demonstrated a unique set of competencies, abilities, and skills for practice in a wide variety of health care and human service settings.

Entry-level professionals who seek the CTRS designation need to complete a defined set of requirements that include:

- A Bachelor's degree or higher in the concentrated area of Recreation Therapy/Therapeutic Recreation
 - Completion of a minimum 14 week, 560-hour internship under the supervision of a CTRS
 - Successful completion of the NCTRC Certification exam
- Students who complete the B.S. in Recreational Therapy program meet the eligibility requirements to sit for the NCTRC Certification Exam.

Recreational Therapy, B.S. (56 Credit Major)

The required courses and credits are distributed as follows (53 credits):

12 credits Recreation Education:

REC 200 History and philosophy of Recreation 3
 REC 210 Recreation Leadership 3
 REC 302 Administration of Recreation Services 3
 REC 407 Research and Evaluation in Recreation Service 3

18 credits in Recreational Therapy:

THR 221 Introduction to Recreational Therapy 3
 THR 322 Assessment in Recreational Therapy 3
 THR 324 Recreational Therapy and Pediatrics 3
 THR 325 Recreational Therapy and Geriatrics 3
 THR 421 Program Planning in Recreational Therapy 3
 THR 425 Processes and Techniques of Recreational Therapy 3

13 credits in Recreational Therapy Practicum and Internship:

THR 300 Professional Preparation and Practicum in Recreational Therapy 3
 THR 400 Pre-Internship Seminar 1
 THR 471 Internship in Recreational Therapy 1-9

13 credits in Supportive Coursework:

HIN 268 Growth and Development 3
 BIO 181 Anatomy and Physiology 4

PSY 166 General Psychology 3
PSY 234 Abnormal Psychology 3

4. Rationale:

1. In general, the terminology of therapeutic recreation refers to "the field of recreational therapy," whereas the term recreational therapy denotes the practices or treatment services within healthcare settings. While these terms are often used interchangeably in the field, there's a current trend towards using "recreational therapy," which is more appropriate in academic curriculum. As this degree program aims to prepare students for careers as recreational therapists and emphasizes the outcomes of recreational therapy, "Recreational Therapy B.S." is a fitting terminology that underscores its focus on healthcare practices. Consequently, we intend to transition the degree title from "therapeutic recreation" to "recreational therapy," along with updating all course titles related to recreational therapy accordingly.
2. Students have limited opportunities to work with individuals with disabilities before their internship, which restricts their understanding of practical settings and populations relevant to their career preparation. Therefore, the field experiences offered in the practicum course enable students to observe and explore practical settings and the clients they aspire to serve in their careers. Additionally, this course serves not only as a practicum requiring field experience but also assists students in professional preparation, particularly for the NCTRC exam. Despite the NCTRC exam's significance in assessing the entry-level knowledge and skills necessary for providing recreational therapy, students have had no opportunity to learn about the NCTRC exam process, requirements, and content areas in the program curriculum. Hence, this course aims to prepare students for both the internship and the NCTRC exam.

5. Date of departmental approval: 2/27/2024

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of change:** New Course

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 Sciences
Course Prefix & Number	EXS 366
Course Title	Prevention & Care of Athletic Injuries
Description	Recognizing of signs and symptoms of injuries that occur during exercise, physical activity, or athletic participation, and developing an understanding of the care of athletic injuries.
Pre/ Co Requisites	EXS 315 and EXS 323
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

2. **Rationale:**

The increasing awareness of the specialized nature of athletic injuries, considerable emphasis is now being placed on the importance of this developing area

of sports medicine. The knowledge in injury prevention and immediate care of the most common sports injuries is valuable for students pursuing a career in almost any area related to athletic training, physical education, coaching, exercise science, recreation leadership, and physical therapy because it not only helps to achieve the training goals but also keeps healthy and safe. This course is one of three approved courses to meet the NYS Coaching Certification requirement and for different certification in Exercise Sciences.

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

- Describe basic components of functional anatomy commonly associated with exercise and physical activity.
- Identify the signs and symptoms of injuries/illnesses commonly associated with exercise and physical activity.
- Demonstrate the appropriate use of preventative and protective taping and wrapping skills
- Implement prevention strategies to minimize risk for athletic injuries or illness during exercise and physical activity.
- Describe the proper first aid and management of common sports-related injuries

4. **Date of Departmental Approval:** 2/27/2024

**LEHMAN COLLEGE
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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. Type of change: New Course

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	Therapeutic Recreation
Course Prefix & Number	THR 300
Course Title	Professional Preparation and Practicum
Description	<p>Exploration and professional preparation for careers in Recreational Therapy by discussing topics aligned with the contents of the National Council for Therapeutic Recreation Certification job analysis. The job analysis encompasses the essential tasks and knowledge required for proficient performance as a Certified Therapeutic Recreation Specialist (CRTS).</p> <p>NOTE: 80 practicum hours are mandatory.</p>
Pre/ Co Requisites	Pre-requisites: THR 221
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	<p><input checked="" type="checkbox"/> Not Applicable</p> <p><input type="checkbox"/> Required</p> <p style="padding-left: 20px;"><input type="checkbox"/> English Composition</p> <p style="padding-left: 20px;"><input type="checkbox"/> Mathematics</p> <p style="padding-left: 20px;"><input type="checkbox"/> Science</p> <p><input type="checkbox"/> Flexible</p> <p style="padding-left: 20px;"><input type="checkbox"/> World Cultures</p> <p style="padding-left: 20px;"><input type="checkbox"/> US Experience in its Diversity</p> <p style="padding-left: 20px;"><input type="checkbox"/> Creative Expression</p> <p style="padding-left: 20px;"><input type="checkbox"/> Individual and Society</p>

	Scientific World
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3. Rationale:

Students have limited opportunities to work with individuals with disabilities before their internship, which restricts their understanding of practical settings and populations relevant to their career preparation. Therefore, the field experiences offered in the practicum course enable students to observe and explore practical settings and the clients they aspire to serve in their careers. Additionally, this course serves not only as a practicum requiring field experience but also assists students in professional preparation, particularly for the NCTRC exam. Despite the NCTRC exam's significance in assessing the entry-level knowledge and skills necessary for providing recreational therapy, students have had no opportunity to learn about the NCTRC exam process, requirements, and content areas in the program curriculum. Hence, this course aims to prepare students for both the internship and the NCTRC exam.

4. Learning outcomes (by the end of the course students will be expected to):

- Develop familiarity with professional eligibility and NCTRC Certification standards.
- Gain an understanding of the necessary level of competence required to enter the profession as a qualified provider of recreational therapy services.
- Acquire familiarity with the NCTRC exam process, requirements, and NCTRC job analysis areas.
- Gain field experience with people with disabilities or health conditions.
- Recognize the role and responsibilities of recreational therapist in various clinical and community settings.
- Demonstrate the ability to collaborate with supervisor(s) to enhance learning experiences, particularly in terms of communication and observation skills.
- Exhibit readiness for the internship (i.e., THR 400) by identifying practical settings they prefer for their internship placement.

5. Date of Departmental Approval: 2/27/2024

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DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** *Pre or corequisite*

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 470
Course Title	Recreation Education Internship
Description	Supervised placement in a recreation setting under supervision of both academic internship advisor and internship site. Supervisor Notes: Recreation Education students are required to complete a 400-hour internship. They may choose to complete 200 hours at two different internship sites over two semesters. Students must be registered for at least 3 credit hours of REC 470 each semester they are completing internship hours.1) Students who choose to complete 400 hours in one semester should enroll in REC 470 for 6 credit hours.2) Students who choose to complete 200 hours at two internship sites over two semesters should enroll in REC 470 for 3 credit hours each semester. PREREQ: 12 credits from Recreation Education core courses and 6 credits from the chosen concentration.
Pre/ Co Requisites	
Credits	3-6
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	ELO - INTERN (Internship)
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
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3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 470
Course Title	Recreation Education Internship
Description	Supervised placement in a recreation setting under supervision of both academic internship advisor and internship site. Supervisor Notes: Recreation Education students are required to complete a 400-hour internship. They may choose to complete 200 hours at two different internship sites over two semesters. Students must be registered for at least 3 credit hours of REC 470 each semester they are completing internship hours.1) Students who choose to complete 400 hours in one semester should enroll in REC 470 for 6 credit hours.2) Students who choose to complete 200 hours at two internship sites over two semesters should enroll in REC 470 for 3 credit hours each semester. PREREQ: 12 credits from Recreation Education core courses and 6 credits from the chosen concentration.
Pre/ Co Requisites	<u>THR 400</u>
Credits	3-6
Hours	3
Liberal Arts	[] Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	ELO - INTERN (Internship)
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
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4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Currently, Recreation Education majors do not require a pre-internship seminar course and internship sites require affiliation agreements and documentation prior to the internship. Therefore, it is necessary for REC students to participate in a pre-internship seminar the semester before their internship begins, which is THR 400.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** title, description

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 221
Course Title	Introduction to Therapeutic Recreation Service
Description	Overview of special recreation programs provided in institutions or community settings for the physically, mentally, socially, or emotionally disabled. Examines basic concepts and models of service with field observations.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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: Underline the changes**

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 221
Course Title	Introduction to <u>Recreational Therapy</u>
Description	Overview of <u>recreational therapy</u> provided in institutions or community settings for the physically, mentally, socially, or emotionally disabled. Examines basic concepts and models of service with field observations.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title, description

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 322
Course Title	Assessment in Therapeutic Recreation
Description	Examination of assessment tools, techniques, terminology, and procedures utilized in therapeutic recreation programs.
Pre/ Co Requisites	COREQ: THR 221
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 322
Course Title	Assessment in <u>Recreational Therapy</u>
Description	Examination of assessment tools, techniques, terminology, and procedures utilized in <u>recreational therapy</u> .
Pre/ Co Requisites	COREQ: THR 221
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy.

5. Date of departmental approval: 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title, description

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 324
Course Title	Therapeutic Recreation for Children and Youth
Description	Examination of the role of play in typical and atypical child development. Health and social conditions that benefit from therapeutic recreation (T.R.) intervention. Treatment and inclusive settings, factors affecting participation, and T.R. program design and intervention for children and youth.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 324
Course Title	<u>Recreational Therapy and Pediatrics</u>
Description	Examination of the role of play in typical and atypical child development. Health and social conditions that benefit from <u>Recreational Therapy</u> . Treatment and inclusive settings, factors affecting participation, and <u>Recreational therapy</u> program design and intervention for children and youth.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy. Also, children and youth has changed to patiatrics.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title and description

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 325
Course Title	Therapeutic Recreation in Long-Term Care
Description	Principles and practices of therapeutic recreation services in settings serving the elderly, with emphasis on the role of the therapeutic recreation professional in client assessment and design of appropriate interventions to address health care needs.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 325
Course Title	<u>Recreational Therapy and Geriatrics</u>
Description	Principles and practices of therapeutic recreation services in settings serving the elderly, with emphasis on the role of the <u>recreational therapist</u> in client assessment and design of appropriate interventions to address health care needs.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy. Also, long-term care has changed to geriatrics.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Description, prerequisite/corequisite

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 400
Course Title	Pre-Internship Seminar
Description	This course prepares students for the THR 471 Therapeutic Recreation Internship. Topics for the seminar include but not limited to the following: Internship site selection, application preparation, interviewing skills, and other professional and ethical issues. Note: Students should register for THR 400 in the semester immediately before they plan to begin their internship (THR 471)
Pre/ Co Requisites	Corequisite: THR 421
Credits	1
Hours	1
Liberal Arts	[] Yes [X] 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
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3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 400
Course Title	Pre-internship Seminar <u>in Recreational Therapy and Recreation Education</u>
Description	<p>This course prepares students for <u>either REC 470 Recreation Education Internship or THR 471 Recreational Therapy Internship</u>. Topics for the seminar include but not limited to the following: Internship site selection, application preparation, interviewing skills, and other professional and ethical issues.</p> <p>Note: Students should register for THR 400 in the semester immediately before they plan to begin their internship (THR 471 or REC 470)</p>
Pre/ Co Requisites	<u>departmental permission</u>
Credits	1
Hours	1
Liberal Arts	[] Yes [X] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Given that the major name has changed to recreational therapy, all THR course titles and descriptions, including therapeutic recreation, have been converted to recreational therapy. Additionally, since internship sites require affiliation agreements and documentation prior to the internship, it is necessary for REC students to participate in a pre-internship seminar.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title, description

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 421
Course Title	Programs in Therapeutic Recreation Service
Description	Examines program services , leadership methods, and current trends and issues in therapeutic recreation service . Individual and group program planning, including assessment, activity analysis, evaluation, and documentation
Pre/ Co Requisites	Prerequisite: REC 200, REC 210, THR 221, and THR 322
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 421
Course Title	Program <u>Planning</u> in <u>Recreational Therapy</u>
Description	Examines <u>treatment modalities</u> , leadership methods, and current trends and issues in <u>recreational therapy</u> service. Individual and group program planning, including assessment, activity analysis, evaluation, and documentation
Pre/ Co Requisites	Prerequisite: REC 200, REC 210, THR 221, and THR 322
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title, description

2. **From:** ~~Strike through~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 425
Course Title	Processes and Techniques of Therapeutic Recreation
Description	The application of therapeutic recreation principles to the clinical situation, including helping skills, therapeutic group process, intervention techniques and methods, and theoretical foundations of therapeutic recreation .
Pre/ Co Requisites	Prerequisite: THR 421, and either THR 324 or THR 325
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 425
Course Title	Processes and Techniques of <u>Recreational Therapy</u>
Description	The application of <u>recreational therapy</u> principles to the clinical situation, including helping skills, therapeutic group process, intervention techniques and methods, and theoretical foundations of <u>recreational therapy</u>
Pre/ Co Requisites	Prerequisite: THR 421, and either THR 324 or THR 325
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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

4. **Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):**

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy.

5. **Date of departmental approval:** 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** Title, description

2. **From:** ~~Strikethrough~~ the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 471
Course Title	Therapeutic Recreation Internship
Description	Supervised placement in a therapeutic recreation setting under the supervision of a Certified Therapeutic Recreation Specialist in which the student will receive advanced training in therapeutic recreation . (Therapeutic Recreation students are required to complete a 560-hour internship under the supervision of a CTRS at an approved agency. Students must be registered for at least 1 credit hour of REC 471 each semester they are completing internship hours) Note: 1) Students who work as a full-time intern working 40 hours a week have to register 9 credits. 2) Students who work as a part-time intern working less than 40 hours a week can repeat REC 471 up to three semesters for a maximum of 9 credit hours. 3) Students are strongly recommended to complete supportive courses, HIN 268, BIO 181, PSY 166, and PSY 234 before enrolling REC 471.
Pre/ Co Requisites	Prerequisite: THR 400
Credits	3
Hours	3
Liberal Arts	[] Yes [X] 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
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3. **To:** Underline the changes

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Therapeutic Recreation
Course Prefix & Number	THR 471
Course Title	<u>Recreational Therapy</u> Internship
Description	<p>Supervised placement in a <u>recreational therapy</u> setting under the supervision of a Certified Therapeutic Recreation Specialist in which the student will receive advanced training in <u>recreational therapy</u>. (<u>Recreational Therapy</u> students are required to complete a 560-hour internship under the supervision of a CTRS at an approved agency. Students must be registered for at least 1 credit hour of REC 471 each semester they are completing internship hours)</p> <p>Note: 1) Students who work as a full-time intern working 40 hours a week have to register 9 credits. 2) Students who work as a part-time intern working less than 40 hours a week can repeat REC 471 up to three semesters for a maximum of 9 credit hours. 3) Students are strongly recommended to complete supportive courses, HIN 268, BIO 181, PSY 166, and PSY 234 before enrolling REC 471.</p>
Pre/ Co Requisites	Prerequisite: THR 400
Credits	3
Hours	3
Liberal Arts	[] Yes [X] No

<p>Course Attribute (e.g. Writing Intensive, WAC, etc)</p>	
<p>General Education Component</p>	<p><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</p>

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

Given that the name of the major has changed to recreational therapy, all THR course titles and description, including therapeutic recreation, has converted to recreational therapy.

5. Date of departmental approval: 2/27/2024

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

DEPARTMENT OF EXERCISE SCIENCE 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 365
Course Title	Psychology of Sport
Description	Theories, concepts, and intervention techniques of sport psychology. Topics covered include motivation theory applied to sport, team dynamics, psychological skills training, the psychology of sport injury, and burnout in sport.
Pre/ Co Requisites	EXS 265 or Departmental Permission
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes <input 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. Rationale:

The psychological aspects of sport can have a major influence on performance; as such, practitioners in the field of exercise who work with athletes must be aware of the underlying psychological factors and interventions that can be employed in this regard to optimize fitness-related outcomes.

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

- Identify and explain major theoretical frameworks used in sport psychology research.
- Describe causal mechanisms of the major psychological theories that have been employed to study human behavior in the context of sport.
- Demonstrate an ability to apply theoretical knowledge to encounter challenges commonly associated with sport and physical activity.
- Critically evaluate social and psychological research and discuss its application to practical settings.
- Discuss appropriate intervention strategies for sport performance enhancement.

5. Date of Departmental Approval: 1/30/2024