

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

**DEPARTMENT OF EXERCISE SCIENCES AND RECREATION**

**CURRICULUM CHANGE**

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

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

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 471
Course Title	Internship in Exercise Science
Description	Supervised placement of 120 hours in a clinical or corporate fitness setting in order to develop knowledge of professional practice through on-site experience, with emphasis on leadership and programming.
Pre/ Co Requisites	PREREQ: EXS 470 and departmental permission
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:** Underline the changes

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 471
Course Title	Internship in Exercise Science <u>1</u>
Description	Supervised placement of <u>150</u> hours in a clinical or corporate fitness setting in order to develop knowledge of professional practice through on-site experience, with emphasis on leadership and programming.
Pre/ Co Requisites	PREREQ: EXS 470 and departmental permission
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

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

The change in internship hours is being made to help meet the needs of our different students, and accrediting organizations. CASCE accreditation requires 300 hours of internship within an approved setting with a CSCS mentor. However, this would only apply to Movement Science students. Thus, a small increase in hours, will still accommodate our pre-PT and pre-OT students while offering a greater number of hours for Movement Science Students. Movement Science students will then go on to take an additional internship to meet the 300 total hours.

5. **Date of departmental approval:** 10/07/2025

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**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 472
Course Title	Internship in Exercise Science 2
Description	Supervised placement of 150 hours in a clinical or corporate fitness setting in order to develop knowledge of professional practice through on-site experience, with emphasis on leadership and programming.
Pre/ Co Requisites	Prerequisite/Corequisite: EXS 471
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. **Rationale:**

This new course is being made to provide an additional elective internship opportunity to our students. This helps us to align with the CASCE accreditation requirements for students to perform a total of 300 internship hours. By adding this addition internship,

students will be able to complete this in the same semester or in a subsequent semester from their first internship course (EXS 471).

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

At the end of the course, students should be able to:

- Assess the exercise and training needs and interests of individuals and groups and plan and implement programs to meet those needs and interests.
- Demonstrate competency in the duties expected of a strength and conditioning professional.
- Interpret and disseminate risk management guidelines for a health/fitness facility
- Understand and summarize specific agency structure, facility management, and administrative system and responsibilities.

5. **Date of Departmental Approval:** 10/07/2025

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**DEPARTMENT OF EXERCISE SCIENCES AND RECREATION**

**CURRICULUM CHANGE**

1. **Type of Change:** Change from Non-Liberal Arts Course to Liberal Arts Course

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

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	Recreation Education and Therapeutic Recreation
Course Prefix & Number	REC 210
Course Title	Recreation Leadership
Description	Leadership principles and techniques. Group processes and methods for working with diverse populations in varied recreation and leisure service settings. In-class leadership exercises and practice.
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	<p><input checked="" type="checkbox"/> Not Applicable</p> <p><input type="checkbox"/> Required</p> <p>    <input type="checkbox"/> English Composition</p> <p>    <input type="checkbox"/> Mathematics</p> <p>    <input type="checkbox"/> Science</p> <p><input type="checkbox"/> Flexible</p> <p>    <input type="checkbox"/> World Cultures</p> <p>    <input type="checkbox"/> US Experience in its Diversity</p> <p>    <input type="checkbox"/> Creative Expression</p> <p>    <input type="checkbox"/> Individual and Society</p> <p>    <input type="checkbox"/> Scientific World</p>

**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 and Therapeutic Recreation
Course Prefix & Number	REC 210
Course Title	Recreation Leadership
Description	Leadership principles and techniques. Group processes and methods for working with diverse populations in varied recreation and leisure service settings. In-class leadership exercises and practice.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes [ ] 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):**

REC 210 – Recreation Leadership focuses on leadership theories, strategies, conflict management, communication, leading individuals of different backgrounds (race, ethnicity, culture, age, etc.), ethical leadership, and public speaking within the field of recreation and leisure. These learning objectives are met through weekly discussion forums and VoiceThread response assignments (student presentations) where students are encouraged to interact and share their ideas with one another, including critically analysis. This course helps students meet the recreation education and therapeutic recreation program learning objectives (Goal II: Demonstrate the ability to design,

implement, and evaluate services that facilitate targeted human experiences and that embrace personal and cultural dimensions of diversity; and Goal III: Demonstrate entry-level knowledge about operations and strategic management/administration in parks, recreation, tourism, and/or related professions).

5. **Date of departmental approval:** 10/07/2025

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**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	Recreation Education
Course Prefix & Number	REC 266
Course Title	Principles of Travel and Tourism
Description	Examination of the interconnections among tourists, local communities, and stakeholders within the tourism system. It presents essential concepts in tourism and examination of their importance and application to international tourism operations.
Pre-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. **Rationale:**

Although travel and tourism represent some of the largest and most dynamic sectors within the recreation industry, our current curriculum does not include any courses specifically dedicated to tourism. This gap limits students' exposure to a vital area of professional opportunity and industry relevance.

To address this, the proposed course will introduce foundational concepts and knowledge related to the tourism industry. It will help students understand key components such as tourism systems, trends, impacts, and career pathways. By offering this course, we aim to better prepare students for diverse roles in the recreation field and enhance the overall comprehensiveness of our academic program.

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

- 1) Students will be able to identify the key components of travel and tourism system, including different types of tourism.
- 2) Students will be able to describe tourist experiences and behaviors, and how they are related to tourism
- 3) Students will be able analyze the operating sectors of the travel and tourism industry and assess how its services are managed.
- 4) Students will be able to describe the economic, social, cultural, and environmental contributions and impacts of tourism development.
- 5) Students will be able to outline the process involved in tourism planning and sustainable development
- 6) Students will analyze global tourism by examining geographical destination characteristics and traveler profiles, assessing their impact on international tourism.
- 7) Students will be able to provide an in-depth description of a destination from a tourism perspective.
- 8) Students will be able to evaluate emerging trends, innovations, and challenges in tourism, forecasting their impacts on the industry.

**5. Date of Departmental Approval: 10/07/2025**

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**DEPARTMENT OF EXERCISE SCIENCES AND RECREATION**

**CURRICULUM CHANGE**

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

Hegis Number: 0835.00

Program Code: 02593

Effective Term: Spring 2026

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

2. **From:**

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.

Students may complete 100% of courses online.

**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.

**Departmental Grading Policy**

Students must earn a C- or above in all Departmental courses required for the major and the minor.

Major Requirements – Overall

**Type:** Completion requirement

**Earn at least 49 credits**

Major Requirements – Recreation Education

**Type:** Completion requirement

**Earn at least 24 credits from the following:**

- REC 200 - History and Philosophy of Recreation
- REC 210 - Recreation Leadership
- REH 230 – Introduction to Youth Studies
- REC 240 - Inclusive Recreation
- REC 260 - Selected Topics in Recreation
- REC 302 - Administration of Recreation Service
- REC 407 - Research and Evaluation in Recreation Service
- REC 422 - Programming and Planning in Recreation

Major Requirements – Concentration Options

**Type:** Completion requirement

12 credits in one of two concentrations:

**Complete at least 1 of the following:****Recreation Management****Earn at least 12 credits from the following:**

- REH 330 - Management of Youth Serving Organizations
- REC 361 - Outdoor Recreation and Sustainable Management
- REC 405 - Facility Management in Recreation Service

REC 410 - Advanced Finance and Human Resources Management in  
Recreation Service  
OR

**Exercise and Sport**

**Earn at least 12 credits from the following:**

EXS 264 - Introduction to Exercise Science

EXS 265 - Behavioral Aspects of Physical Activity

EXS 316 – Motor Learning

EXS 424 - Principles and Practices of Fitness and Wellness Programming

Major Requirements – Departmental Courses

**Type:** Completion requirement

**Earn at least 6 credits**

- 6 credits selected from REC, THR, REH, and/or EXS courses with departmental approval

Major Requirements – Recreation Internship

**Type:** Completion requirement

**Earn at least 7 credits from the following:**

THR 400 – Pre-internship Seminar in Recreational Therapy and Recreation  
Education

REC 470 - Recreation Education Internship

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

**Type:** Completion requirement

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:**

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.

Students may complete 100% of courses online.

### **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.

### **Departmental Grading Policy**

Students must earn a C- or above in all Departmental courses required for the major and the minor.

Major Requirements – Overall

**Type:** Completion requirement

**Earn at least 52 credits**

Major Requirements – Recreation Education

**Type:** Completion requirement

### **Earn at least 27 credits from the following:**

REC 200 – History and Philosophy of Recreation

REC 210 – Recreation Leadership

REH 230 – Introduction to Youth Studies

REC 240 – Inclusive Recreation

REC 260 – Selected Topics in Recreation

REC 266 – Principles of Travel and Tourism

REC 302 – Administration of Recreation Service

REC 407 – Research and Evaluation in Recreation Service

REC 422 – Programming and Planning in Recreation

Major Requirements – Concentration Options

**Type:** Completion requirement

**12 credits in one of two concentrations:**

**Complete at least 1 of the following:**

**Recreation Management**

**Earn at least 12 credits from the following:**

REH 330 - Management of Youth Serving Organizations

REC 361 - Outdoor Recreation and Sustainable Management

REC 405 - Facility Management in Recreation Service

REC 410 - Advanced Finance and Human Resources Management in Recreation

Service

OR

**Exercise and Sport**

**Earn at least 12 credits from the following:**

EXS 264 - Introduction to Exercise Science

EXS 265 - Behavioral Aspects of Physical Activity

EXS 316 – Motor Learning

EXS 424 - Principles and Practices of Fitness and Wellness Programming

Major Requirements – Departmental Courses

**Type:** Completion requirement

**Earn at least 6 credits**

- 6 credits selected from REC, THR, REH, and/or EXS courses with departmental approval

Major Requirements – Recreation Internship

**Type:** Completion requirement

**Earn at least 7 credits from the following:**

THR 400 – Pre-internship Seminar in Recreational Therapy and Recreation Education

REC 470 - Recreation Education Internship

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

**Type:** Completion requirement

Undergraduate students majoring in Recreation Education with 60 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:**

Lowering the required credits from 90 to 60 credits will allow more students to take advantage of the dual credit opportunity. The courses that would be part of the dual credit opportunity would be taken early in the undergraduate student's education. By the time students have 90 credits, it is very likely they would have taken the dual credit courses. Consequently, many students would not be able to take advantage of the dual credit opportunity.

The newly created REC 266 course will be added to the core course list required for the major to provide a more rounded introduction and education of possible careers within the field of parks, recreation, and tourism. The creation of REC 266 adds an additional 3 credits, increasing the total major credit requirement from 49 to 52.

**5. Date of Departmental Approval: 10/07/2025**