

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

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of Change:** *Hours*

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 326
Course Title	Exercise Testing and Prescription for General & Special Populations
Description	Principles of exercise testing and prescriptions for the purposes of enhancing health and performance for general and special populations. Topics and methods include testing and prescribing exercise for healthy populations and considerations given to special populations. These special populations include those with a wide range of conditions and diseases including children, pregnancy, cardiovascular disease, metabolic diseases, pulmonary diseases, and older adults.
Pre/ Co Requisites	PREREQ: 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
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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	Exercise Science
Course Prefix & Number	EXS 326
Course Title	Exercise Testing and Prescription for General & Special Populations
Description	Principles of exercise testing and prescriptions for the purposes of enhancing health and performance for general and special populations. Topics and methods include testing and prescribing exercise for healthy populations and considerations given to special populations. These special populations include those with a wide range of conditions and diseases including children, pregnancy, cardiovascular disease, metabolic diseases, pulmonary diseases, and older adults.
Pre/ Co Requisites	PREREQ: EXS 323
Credits	3
Hours	<u>2 hours lecture</u> <u>2 hours lab</u>
Liberal Arts	[] 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):

Most science classes at the college with a lab component separate out the lecture and the lab by both meeting times and hours. This course has, thus far, been scheduled at one time requiring the entire class to move to the laboratory partway through class time. This requirement has prevented allowing larger enrollment in the “lecture” due to constraints on lab space and student participation. As classes become larger, it becomes more difficult to ensure all students are able to directly participate in lab activities. In addition, the requirement of the class to have to move part way through the class is disruptive. The department of exercise sciences and recreation wants to restructure the hours to match other lab courses: 2 hours lecture and 2 hours lab for a 3-credit hour course. This will allow us to enroll more students into a single lecture section and have smaller lab sections that meet directly in the lab to perform hands on learning.

5. Date of departmental approval: 2/25/2025

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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 424
Course Title	Principles and Practices of Fitness and Wellness Programming
Description	Planning fitness and wellness programs for a variety of settings, with emphasis on selecting appropriate modalities, needs of specific groups, and safety considerations.
Pre/ Co Requisites	PREREQ: EXS 264.
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 424
Course Title	Principles and Practices of Fitness and Wellness <u>Management</u>
Description	<u>Business and managerial aspects of</u> fitness and wellness programs for a variety of settings, with emphasis on <u>client needs</u> , safety considerations, <u>financial planning</u> , <u>marketing</u> , <u>liability management</u> , and <u>business operations for independent trainers and facility managers</u> .
Pre/ Co Requisites	PREREQ: EXS 264.
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):**

We are changing the title and description of this course to more accurately reflect what this course covers. The word “programming” seemed to confuse students about what the course covered. By changing this to management, we hope to make it clearer that the course is about the practical aspects of working within the fitness industry. In

addition, the revised description more accurately reflects the breadth of materials covered in the textbook and lectures of this course.

5. **Date of departmental approval:** 02/25/2025