



Doctor in Human Performance and Fitness

Lehman College's PhD. in Human Performance and Fitness program aims to equip students with the necessary skills and competencies required to become scholars in human health, fitness, and performance, and ultimately pursue educational and research related opportunities in this realm. With personal health and fitness occupying much of our nation's attention, the new program - a doctoral degree in Human Performance and Fitness - will prepare researchers in the areas of kinesiology, physiology, sports nutrition, and related exercise sciences for research-intensive positions at universities and other academic institutions. Sport scientist positions in corporate, high school, college, and professional organizations, as well as research-based careers in sports supplements and sports-related equipment companies may also be appropriate for students who earn this degree.

Admissions Requirements

- Official transcripts for all post-secondary institutions attended
- Master's degree or foreign equivalent from an accredited school in an exercise-related field
- Two letters of recommendation: at least one must be from a university professor who has directly taught and/or supervised the student
- Personal statement: 500 words discussing the applicant's preparation for doctoral work and interest in pursuing a scholarly career
- Demonstrated capability of independent research, such as completion of a thesis, presentation of a poster at a scientific conference and/or publication of a research paper
- Approval of a faculty member willing to supervise the student's doctoral work. It is advisable for students to contact the professor that they are interested in working with prior to applying to the program
- If educated in a country other than the U.S. review <https://lehman.edu/admissions/graduate-admissions/international-students/>

FAST FACTS

\$620.00 per credit*

62 credits total

Evening
Courses
Online & In
Person

Degree Requirements

The PhD in Human Performance and Fitness program offers two options: Thesis or Capstone Project

Core Courses (15 credits)

Credits

EXS 903	Research Design in Human Performance	3
EXS 920	Statistical Modeling for Research in Exercise Science	3
EXS 970	Research Practicum in Human Performance	3
EXS 975	Meta-Analysis Practicum	3
EXS 990	Doctoral Seminar	3

Elective Courses (36 credits)

EXS 901	Physical Activity, Exercise and Fitness in Research	3
EXS 902	Applied Exercise Physiology in Human Performance	3
EXS 904	Assessment for Exercise Research and Prescription	3
EXS 905	Research in Sports Nutrition	3
EXS 906	Applied Training Methodologies in Human Performance	3
EXS 915	Methods in Biomechanical Analysis	3
EXS 916	Applied Concepts in Motor Learning and Performance	3
EXS 917	Evidence-Based Principles in Strength and Hypertrophy	3
EXS 940	Pedagogy in Exercise Science	3
EXS 965	Advanced Sport Psychology	3
MAT 582	Statistics for Students in Biological, Health, and Social Sciences	3
MAT 782	Mathematical Statistics	3

Thesis (12 credits)

EXS 991	Thesis Dissertation 1	6
EXS 992	Thesis Dissertation 2	6

Questions about the program?

Prof. Brad Schoenfeld

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Questions about admissions?

<https://www.lehman.edu/admissions/graduate-admissions/applying/>

