2.10 OTHER BACHELOR'S DEGREES. *IF THE SCHOOL OFFERS BACCALAUREATE DEGREES IN FIELDS OTHER THAN PUBLIC HEALTH, STUDENTS PURSUING THEM MUST BE GROUNDED IN BASIC PUBLIC HEALTH KNOWLEDGE.*

2.10.a. Identification of other baccalaureate degrees offered by the school and a description of the requirements for each. The instructional matrix in Criterion 2.1.a may be referenced for this purpose.

In addition to the BS in Public Health, the SPH offers a BS in Exercise Science (see Instructional Matrix in 2.1.a) with the option of choosing a concentration in:

- Pre-Athletic Training/Sports Medicine
- Pre-Medical Professional
- Pre-Physical Therapy
- Or no concentration

In 2014 the Department of Exercise Science changed its name to Department of Exercise and Nutrition Sciences (EXNS) to better reflect the growing nutrition content in the curriculum and the importance of nutrition in health promotion and disease prevention. The BS in Exercise Science is housed within the EXNS Department.

All students in the BS Exercise Science major, regardless of concentration, are required to take the University General Education Requirements (GER) which includes University writing requirement courses (http://bulletin.gwu.edu/university-regulations/general-education/); and core courses in exercise and nutrition science. Additional information can be found in the program guides on the SPH website: http://publichealth.gwu.edu/academics/undergraduate.

2.10.b. Identification of the manner in which these curricula assure that students acquire a public health orientation. If this means is common across these degree programs, it need be described only once. If it varies by program, sufficient information must be provided to assess compliance by each program.

Exercise Science majors are all required to take the same core courses and one of the following Public Health courses to fulfill the university undergraduate General Curriculum Requirements:

1) PUBH 1101-Introduction to Public Health and Health Services [Introduction to aspects of public health and health services, including health services administration and policy, maternal and child health, environmental health, and health promotion.]

Or

2) PUBH 2110-Public Health Biology [Basic scientific mechanisms, concepts, and principles in health and the pathogenesis of diseases; a foundation for applications to public health.]

The core coursework in Exercise and Nutrition Sciences has a strong thread emphasizing the relationship between physical activity and nutrition with public health concepts of disease prevention. This includes an epidemiologic foundation using supporting evidence to study, implement, and evaluate protocols and programs.

Table 2.10.b.: BS, Exercise Science Core Curriculum

Required Core Classes (41-42 credits)		
Class	**Credits**	**Title**
EXNS 1103	3	Professional Foundations in Exercise Science
EXNS 1110	4	Applied Anatomy & Physiology I & Lab
EXNS 1111	4	Applied Anatomy & Physiology II & Lab
EXNS 2110	4 (3)	Prevention and Care of Injury & Lab (No 1 credit lab for Pre-Athletic Training/Sports Med concentration ONLY)
EXNS 2111	4	Exercise Physiology I & Lab
EXNS 2112	4	Exercise Physiology II & Lab
EXNS 2113	4	Kinesiology & Lab
EXNS 2114	3	Nutrition Sciences I
EXNS 2115	3	Nutrition Sciences II
EXNS 2116	3	Exercise and Health Psychology
EXNS 3110	3	Internship
EXNS 4110	3	Current Issues in Exercise Science

2.10.c. Assessment of the extent to which this criterion is met and an analysis of the school's strengths, weaknesses and plans relating to this criterion.

This criterion is met.

Strengths:

- The Exercise Science major is an integral and important part of the School. Undergraduate students in this program are well grounded in the connection between exercise/physical activity, nutrition and the prevention of chronic disease. The content of the freshman course *Professional Foundations in Exercise Science* (EXNS 1103) lays a solid foundation in public health and exercise science and this information is carried through the other course work and field work experiences to the senior capstone course, *Current Issues in Exercise Science* (PUBH 4110).
- The Department of EXNS has an excellent faculty with a variety of expertise and experience.
- The Department of EXNS also offers minors in Exercise Science and in Nutrition.

Challenges:

- Although we do have a strong public health content integration in the undergraduate Exercise Science major, the connection between undergraduate students in both majors (exercise science and public health) could be improved.

Future Plans:

- Review curriculum to accommodate recent changes in the University GERs. The exercise science and public health content thread is currently strong and will continue to be a focus in the curriculum.
- Look into expanding the EXNS and PUBH course offerings that cross the two undergraduate majors and integrate additional, appropriate public health content into the Exercise Science major.
- In 2014, the EXNS department began to offer an MPH track in Public Health Nutrition with the expectation to expand the undergraduate program options to include a major in Nutritional Sciences. This program will be well grounded in basic public health concepts comparable to the Exercise Science major.