

Undergraduate Program Director

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Note: All curriculum revisions will be updated immediately on the website <http://publichealth.gwu.edu>.

Program Mission Statement

The mission of the Bachelor of Science (BS) in Exercise Science (EXSC) program is to advance the scientific basis of the benefits of regular physical activity and proper nutrition to health and function throughout the life-span. The BS in EXSC program trains students in the science and practice of exercise, physical activity, and health in the greater context of public health by developing critical thinking skills and fostering life-long learning.

Careers

The BS in Exercise Science prepares students for professional careers in the field and for entrance into professional graduate programs:

- Medicine (Physician Assistant, Nursing, Physician)
- Physical Therapy
- Nutrition
- Corporate Fitness and Wellness Programs
- Personal Training
- Exercise Rehabilitation
- Coaching
- Sport Psychology
- Health Promotion
- Other health professions

Degree Requirements

All students accepted to the BS with a major in Exercise Science complete 124 credit hours and maintain a minimum 2.5 grade point average in the core Exercise Science courses. In addition students must earn a minimum of a C- in each exercise science core course. There are four levels of requirements for the BS with a major in Exercise Science with no specified concentration for students to complete: University general education requirements, Exercise Science core requirements, guided electives, and general electives. General education requirements are taken by all University undergraduate students and form the liberal arts education component of the BS degree with a major in Exercise Science.

PROGRAM-AT-A-GLANCE 2016-2017
DEPARTMENT OF EXERCISE and NUTRITION SCIENCES
BACHELOR OF SCIENCE in EXERCISE SCIENCE

University General Education Requirements (GER) Courses (See University Bulletin for GER's under University Regulations)		Credits
University Writing	UW 1020 UNIVERSITY WRITING OR HONR 1015	4
WID	TWO WID COURSES; These may also be counted in another category	6
Humanities	ONE COURSE IN HUMANITIES http://bulletin.gwu.edu/university-regulations/general-education/	3
Mathematics or Statistics*	ONE COURSE IN EITHER MATH OR STATISTICS <i>Can be satisfied with STAT 1051 or STAT 1053 or STAT 1127 (required for the BS in Exercise Science)</i>	3
Science*	ONE NATURAL OR PHYSICAL SCIENCE COURSE WITH LABORATORY EXPERIENCE <i>Can be satisfied with BISC 1111 which is required for the BS in Exercise Science</i>	4
Social Science*	TWO COURSES IN THE SOCIAL SCIENCES http://bulletin.gwu.edu/university-regulations/general-education/	6
TOTAL GER		26

Exercise Science Core Courses (same for all concentrations)^					
EXNS 1103	Professional Foundations in Exercise Science	1	EXNS 3110	Field Experience	4
EXNS 1110	Applied Anatomy & Physiology I & Lab	4	EXNS 4110	Current Issues in EXNS	3
EXNS 1111	Applied Anatomy & Physiology II & Lab	4	PUBH 1101 or PUBH 1102	Introduction to Public Health or History of Public Health	3
EXNS 2111	Exercise Physiology I & Lab	4	PSYC 1001	General Psychology	3
EXNS 2112	Exercise Physiology II & Lab	4	BISC 1111* ^G	Intro Biology: Cells & Molecules	
EXNS 2113	Kinesiology	4	STAT* ^G	1051 or 1053 or 1127	
EXNS 2116	Exercise and Health Psychology	3	COMM* ^G	1040 or 1041 (satisfies Social Science & Oral Communication requirement)	
EXNS 2119	Introduction to Nutrition Sciences	3	ANTH* ^G	1002, 1003, 1004 (satisfies Social Science & Global/Cross Cultural Perspective requirement)	
Total Exercise Science Core Requirements (*G = excluding GER requirements)					40

^students must earn a minimum of a C- in each exercise science core course.

BS Exercise Students Must Fulfill the Following Degree Requirements	
➤ All General Education Requirements (GER) & WID Courses	26 Credits
➤ All Core Exercise Science Requirements • C- or better required in core Exercise Science courses	40 Credits
➤ Guided Electives Planned with Advisor • Please see the "Guided Electives" worksheet for a list of approved courses	40 Credits
➤ General Electives	18 Credits
Total Exercise Science Core Requirements (not including GER requirements)	
124	

EXSC Guided Electives 2016-17

Guided Electives Planned with Advisor (Choose required # of Degree/Concentration)						
BIOC 3261	Intro Medical Biochemistry	4		EXNS 2117 or 2117W	Sport Psychology	3
BIOC 3560	Diet, Health, & Longevity	3		EXNS 2110	Injury Prevention and Control	3
				EXNS 2121	Orthopedic Taping & Bracing	1
BISC 1112	Intro Biology: The Biology of Organisms	4		EXNS 2122	Food Systems in Public Health	3
BISC 2202	Cell Biology	3		EXNS 3101	Independent Study	3
BISC 2207	Genetics	3		EXNS 3102	Applied Sport Psychology	3
BISC 2213	Biology of Cancer	3		EXNS 3117	Injury Assessment	4
BISC 2214	Developmental Biology	4		EXNS 3118	Therapeutic Modalities in Sports Med.	4
BISC 2220	Developmental Neurobiology	3		EXNS 3119	Therapeutic Exercise in Sports Medicine	4
BISC 2320	Neural Circuits & Behavior	3		EXNS 3121	Medical Issues in Sports Medicine	3
BISC 2322	Human Physiology	3		EXNS 3123W	Psychology of Injury and Performance	3
BISC 2323	Human Physiology Lab	1		HLWL 1101	Special Topics	1-3
BISC 2337 Or BISC 2337W	Introductory Microbiology	4		HLWL 1102	Stress Management	3
BISC 2581	Human Gross Anatomy	3		HLWL 1103	Issues in Men's Health	3
BISC 3165	Biochemistry I	3		HLWL 1104	Outdoor & Environmental Education	3
BISC 3166	Biochemistry II	3		HLWL 1105	Yoga & the Meaning of Life	3
BISC 3209	Molecular Biology	4		HLWL 1106	Drug Awareness	3
BISC 3262	Biochemistry Lab	2		HLWL 1108 or HLWL 1108W	Weight & Society	3
BISC 3263 or BISC 3263W	Special Topics in Biochemistry	2		HLWL 1109	Human Sexuality	3
BISC 3320	Human Neurobiology	3		HLWL 1110	Issues in Alternative Medicine	3
CHEM 1111	General Chemistry I	4		HLWL 1111	Sports & the Law	3
CHEM 1112	General Chemistry II	4		HLWL 1112	Issues in Women's Health	3
CHEM 2151	Organic Chemistry I	3		HLWL 1114	Personal Health & Wellness	3
CHEM 2153	Organic Chemistry I Lab	1		HLWL 1117	Functional Fitness	3
CHEM 2152	Organic Chemistry II	3		HSCI 2112	Writing in the Health Sciences	3
CHEM 2154	Organic Chemistry II Lab	1		HSCI 2102	Pathophysiology	3
CHEM 3165	Biochemistry I	3		PHYS 1011	General Physics I	4
CHEM 3262	Biochemistry Lab	2		PHYS 1012	General Physics II	4
CHEM 3166 or CHEM 3166W	Biochemistry II	3		PSYC 2011 Or PSYC 2011W* ^G	Abnormal Psychology	3
EHS 1002	CPR & First Aid	1		PSYC 2013* ^G	Developmental Psychology	3
EHS 1040	EMT Basic	3		PSYC 2014* ^G	Cognitive Psychology	3
EHS 1041	EMT Basic Lab	1		PSYC 2015* ^G	Biological Psychology	3
EHS 1058	EMT Instructor Development	2		PUBH 1101	Introduction to Public Health and Health Services	3
EHS 2108	Emergency Medical Clinical Scribe	3		PUBH 1102	History of Public Health	3
EXNS 1112	Current Issues in Coaching	3		PUBH 2110	Public Health Biology	3
EXNS 1114	Community Nutrition	3		PUBH 2113	Impact of Culture upon Health	3
EXNS 1117	Principles of Coaching (2 different courses)	3		PUBH 2117	Service Learning in Public Health	3
EXNS 1118	Sports Nutrition	3		PUBH 3137	Global Public Health Nutrition	3
EXNS 1119W	Children & Sport	3		PUBH 3151	Current Issues in Bioethics	3
EXNS 1199	Topics In EXNS	3				