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| Logo | **Department of Exercise & Nutrition Sciences****Minor for GW Undergraduate Students****NUTRITION** **2023-2024**  |

**Program Director: GWSPH Undergraduate Advisors**

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# Background

Minors have been established within the University to provide opportunities for formal inter-school study. Students must be enrolled in a degree program and must be in good standing to be eligible to take a Minor in another school. Upon successful completion of all requirements, the title of Minor Field of Study and the courses taken in support of the Field are entered on the student’s transcript.

**Minor in Nutrition**

The Milken Institute School of Public Health (SPH) offers a minor in Nutrition through the Department of Exercise and Nutrition Sciences. Students completing the minor in Nutrition gain a deeper understanding of the science of nutrition. The minor in Nutrition consists of 18 credit hours. This minor provides a strong foundation in nutrition across the lifespan, in sport, and in public health. A 2.5 cumulative GPA or above is required for admittance. To earn the Nutrition minor, students are required to maintain a cumulative GPA of 2.5 or above and earn a C- or above in all minor courses.

# To Add or Drop a Minor and to Change the Original Minor Program of Study

Please see the GWSPH Undergraduate Advisors for information, admission to the minor, to drop the minor, for assistance in the selection of the elective course and to amend the courses on the original program of study. GW’s SPH will not process requests to add a Minor in Nutrition during the registration period. To declare the Nutrition minor, go [here](https://publichealth.gwu.edu/academics/major-declaration-form).

Effective for students entering Fall 2023: SPH will only double count courses that are required by an SPH major or minor and required by another major or minor. Courses that may be counted as electives in either major or minor may not be double counted toward any SPH major or minor. There is an exception for the Health Equity Micro Minor.  Students may double count courses taken for the Health Equity Micro Minor towards an SPH major or minor if those courses are either required by the SPH major or minor or are on an approved elective list for an SPH major or minor.

**Required Courses: (9 credits)**

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| **Course #** | **Credits** | **Title** |
| EXNS 2119 | 3 | Introduction to Nutrition Science (pre-requisite BISC 1111 or equivalent) |
| EXNS 2122 OR EXNS 2126W OR EXNS 41991 | 3 | Food Systems in Public Health OR International Nutrition OR Metabolism in Exercise and Nutrition Sciences |
| EXNS 2124 | 3 | Lifecycle Nutrition |
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| **Selective Courses: Choose 3 courses (9 credits) from the Following List** |
| **Course #** | **Credits** | **Title** |
| EXNS 1114 | 3 | Community Nutrition |
| EXNS 1118 | 3 | Sport and Nutrition |
| EXNS 2120 | 3 | Assessment of Nutritional Status |
| EXNS 21221 | 3 | Food Systems in Public Health |
| EXNS 2123 | 3 | Nutrition and Chronic Disease |
| EXNS 2126W1 | 3 | International Nutrition |
| EXNS 2127 | 3 | Introduction to Food Policy |
| EXNS 3111W | 3 | Exercise and Nutrition Science Research Methods |
| GEOG 2133 | 3 | People, Land, and Food |
| EXNS 41991,2 | 3 | Topics in EXNS (ONLY: Metabolism in Exercise and Nutrition Sciences) |

*Students enrolled in the BS, Nutrition degree program are not eligible to declare this minor.*

1The same course cannot count as both as a required course and a selective course. If used to meet the requirement of taking EXNS 2122 OR EXNS 2126W OR EXNS 4199, it cannot also count towards the 9 credits of selective courses.

2Only EXNS 4199 Metabolism in Exercise and Nutrition Sciences. Other EXNS 4199 topics courses will not meet this requirement.