Milken Institute School of Public Health THE GEORGE WASHINGTON UNIVERSITY	**Department of Exercise and Nutrition Sciences** **Master of Science in Exercise Science, Strength and Conditioning** **2024-2025**

Program Director

Todd Miller, PhD, CSCS, TSACF, FNSCA
Department of Exercise & Nutrition Sciences
950 New Hampshire Avenue, NW
Washington, DC 20052
Email: tamiller@gwu.edu

Mission Statement

The mission of this program is to provide formal graduate level academic instruction in the science and theory of resistance training, for the purpose of improving athletic performance and the prevention of inactivity related health disorders.

Program Competencies

Students in the MS in Exercise Science, Strength and Conditioning program will be able to:

- Integrate evidence-based knowledge of exercise physiology, nutrition, and the science of training to create exercise programs that improve health and optimize athletic performance.
- Utilize social and behavioral theories in designing exercise training programs that lead to maximal improvement in athletic performance and health.
- Utilize statistical and epidemiologic methods in the development, production, and dissemination of research related to improved athletic performance, physical activity, and health.
- Utilize biomechanical principles in the evaluation, development, and implementation of sport-specific training programs.
- Develop, coach, and execute complex exercise training modalities for working with athletic populations.

Course Requirements

All GW Department of Exercise and Nutrition Sciences Master Degree students who select the Strength and Conditioning Program enroll in both Core Courses (17 credits) and Program- Specific Courses (19 credits). The 36 credit program includes a culminating experience which is a 6-credit internship plus the successful completion of a Comprehensive Exam.

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Department of Exercise and Nutrition Sciences

Master of Science in Exercise Science, Strength and Conditioning

Graduation Requirements

1. **Graduate Credit Requirement:** 36 graduate credits are required.
2. **Course Requirements.** Successful completion of core courses and the program specific courses are required.
3. **Pathways to Public Health (PUBH 6080).** Successful completion of PUBH 6080 prior to graduation. Students without a prior degree from a CEPH-accredited program or school of public health are required to successfully complete the zero-credit, online course Pathways to Public Health (PUBH 6080) within one year of matriculation. There is no fee for this course.
4. **Grade Point Requirement.** A 3.0 (B average) overall grade point average is required.
5. **Time Limit Requirement.** The degree must be completed within four years.
6. **Transfer Credit Policy.** Up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the MSEXSC. Courses need to have been taken within the past three years from an accredited institution with a grade of B or better.

Prerequisite

Undergraduate Exercise Physiology – Course must be completed prior to beginning coursework at GW. Student must receive a grade of "B" or better.

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Exercise Science, Strength and Conditioning

Program at a Glance
2024-2025

Prerequisites
Undergraduate course in Exercise Physiology (must be completed prior to beginning coursework at GW, and must receive a grade of "B" or better)

		Credits	Semester Offered	Grade
MSES Core Courses				
EXNS 6202 (DE)	Advanced Exercise Physiology I	3	Fall	
EXNS 6203 (DE)	Advanced Exercise Physiology II	3	Spring	
PUBH 6002 (DE)	Biostatistical Applications for Public Health	3	Fall & Spring	
EXNS 6207 (DE)	Psychological Aspects of Sport and Exercise	3	Fall	
EXNS 6208 (DE)	Physical Activity in Public Health	2	Spring	
PUBH 6619 (DE)	Fundamentals of Nutrition Science	3	Fall & Spring	
PUBH 6080 (DE)	Pathways to Public Health	0	Fall, Spring, Summer	
Program Specific Courses				
EXNS 6220 (DE)	Power Training for Sports Performance	2	Spring	
EXNS 6221 (DE)	Science and Theory of Resistance Training	3	Spring	
EXNS 6222 (DE)	Advanced Topics in Strength and Conditioning	2	Fall	
EXNS 6223 (DE)	Biomechanical Analysis	3	Spring	
Elective(s)	Approved by Program Director	3	Fall, Spring, Summer	
Students will choose one of the following as a culminating experience:				
EXNS 6261 **and** EXNS 6998	Thesis Seminar **and** Thesis Research	3 3	Fall, Spring, Summer Fall, Spring, Summer	
OR				
EXNS 6233	Graduate Internship **and** Comprehensive Exam	6 0	Fall, Spring, Summer Fall, Spring, Summer	

- *DE = Distance Education- course delivered online.*

Course Descriptions and Registration information can be found on the website: http://publichealth.gwu.edu/academics/.

MS in Exercise Science, Strength and Conditioning
Hybrid Program

Suggested Course Sequence

NOTE: PUBH 6080 (0 credits) must be taken prior to graduation

Fall Semester, 1st year (9 credits)

EXNS 6202 Advanced Exercise Physiology I (3)
PUBH 6002 Biostatistical Applications for Public Health (3)
EXNS 6207 Psychological Aspects of Sport and Exercise (3)

Spring Semester, 1st year (9 credits)

EXNS 6203 Advanced Exercise Physiology II (3)
EXNS 6223 Biomechanical Analysis (3)
EXNS 6221 Science and Theory of Resistance Training (3)

Fall Semester, 2nd year (8 credits)

PUBH 6619 Fundamentals of Nutrition Science (3)
EXNS 6222 Advanced Topics in Strength & Conditioning (2)
*ELECTIVE Approved by Program Director (3)
Or
EXNS 6261 Thesis Seminar (3)

Spring Semester, 2nd year (10 credits)

EXNS 6208 Physical Activity in Public Health (2)
EXNS 6220 Power Training Laboratory (2)
EXNS 6233 Graduate Internship (6)
Or
EXNS 6998 Thesis Research (3)

(36 credits total)

*Students completing a thesis should register for their elective in Spring of the 2nd year.

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