

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise & Nutrition Sciences
GW Undergraduate Students

Minor in Exercise Science
2024-2025

www.publichealth.gwu.edu

Program Director:

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Background

Minor Fields of Study 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 and the courses taken in support of the Field are entered on the student's transcript.

Minor in Exercise Science

The Milken Institute School of Public Health (SPH) offers a Minor in Exercise Science through the Department of Exercise & Nutrition Sciences. Students completing the minor in exercise science gain proficiency in exercise science, anatomy, and physiology. Furthermore, students will fulfill the academic prerequisites for entry in the GW SPH MS program in Exercise Science. The GWSPH Minor in Exercise Science consists of a minimum of 18 credit hours (thirteen credit hours of required courses and a minimum of five credit hours of selective courses). This Minor provides a strong foundation in exercise science in preparation for professional schools including medical school, physical therapy school, nursing school, physician assistant school, public health, and further graduate study. A 2.5 cumulative GPA or above is required for admittance. To earn the Exercise Science minor, students are required to maintain a cumulative GPA of 2.5 or above and earn a C- or above in all minor courses.

Goals of the Minor in Exercise Science at GW


The goals of this minor in Exercise Science are to ensure that graduates are able to:

1. Demonstrate knowledge of systems and functions underlying physical activity, exercise, and health across levels of the human organism.
2. Demonstrate knowledge of human responses and adaptations to physical activity and exercise.
3. Develop critical thinking skills to evaluate, interpret, and synthesize physical activity, exercise, and health related interventions, outcomes, and research.
4. Utilize oral and written communication skills to summarize, critically evaluate, and discuss scientific evidence on key physical activity, exercise, and health related topics.

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

Please see the Program Advisor 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. Milken Institute SPH will not process requests to add a Minor during the registration period. To declare the Exercise Science minor, go [here](#).

Effective for students entering Fall 2024: 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.

 Milken Institute School of Public Health <hr/> THE GEORGE WASHINGTON UNIVERSITY	Department of Exercise & Nutrition Sciences Minor - Exercise Science (code 319) (Minimum of 18 credits) 2024-2025
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Required Courses: (13 credits)

Course #	Credits	Title
EXNS 1103	1	Professional Foundations for Exercise Science
EXNS 2210	4	Applied Anatomy & Physiology I
EXNS 2211	4	Applied Anatomy & Physiology II*
EXNS 3311	4	Exercise Physiology I

Selective Courses: Choose two courses from the following list (minimum of 5 credits)

Course #	Credits	Title
EXNS 2118	3	Sport and Nutrition
EXNS 2110	3	Injury Prevention and Control
EXNS 3312	4	Exercise Physiology II*
EXNS 3313	4	Kinesiology
EXNS 2116	3	Exercise and Health Psychology
EXNS 2119	3	Introduction to Nutrition Science
EXNS 3110	1-3	Field Experience in Exercise and Nutrition Sciences

**Enrollment requires a grade of C- or higher in the first course in this sequence. See advisor for more information.*

Students enrolled in the BS Exercise Science degree program are not eligible to declare this minor.