

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise & Nutrition Sciences
GW Undergraduate Students

Minor in Exercise Science
2025-2026

www.publichealth.gwu.edu

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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 GPA or above is required for admittance. To earn the Exercise Science minor, students are required to maintain a 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](#).

SPH Double-Counting Policy

Students pursuing a second major may double-count up to three courses (maximum of 10 credits) toward their BS core requirements or guided electives. Students with a declared SPH major who pursue a minor may double-count up to two courses (maximum of 7 credits). Students may also double-count SPH undergraduate core courses toward another program's major or minor requirements, but only if the other program permits it. There are two exceptions to this policy:

- **Double-Counting Across SPH Programs:** Students who pursue a double major in two SPH programs will be permitted to double-count one additional course, for a maximum of 13 credits. SPH majors can similarly share three courses (maximum of 10 credits) with an SPH minor.
- **BS Nutrition, Minor in Food Leadership:** Students pursuing a minor in Food Leadership may only double-count EXNS 2119 Introduction to Nutrition Science (3 credits) toward both their BS in Nutrition requirements and the minor. No other Nutrition core requirements or guided electives may be double-counted.

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Department of Exercise & Nutrition Sciences
Minor - Exercise Science (code 319)
(Minimum of 18 credits)

2025-2026

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

**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.