

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise and Nutrition Sciences

Minor in NUTRITION for GW Undergraduate Students

2025-2026

Program Director:

Gabby Headrick, PhD
Assistant Professor
950 New Hampshire Ave, NW, 2nd Floor
Washington, DC 20052
202-994-2435
gheadrick@gwu.edu

GWSPH Undergraduate Advisors

950 New Hampshire Ave, NW, 2nd Floor
Washington, DC 20052
sphundergrad@gwu.edu

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 GPA or above is required for admittance. To earn the Nutrition 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 Nutrition at GW

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

1. Develop a foundation in the field of public health.
2. Apply nutrition to human health, function, and disease prevention using a public health framework.
3. Develop critical thinking skills in using and evaluating nutrition science research.
4. Integrate psychologic, anthropologic, and contextual factors that may influence diet and food choice in promoting healthy nutrition among individuals and populations.

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](#).

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.

Required Courses: (9 credits)

Course Number	Course Title	Credits
EXNS 2119	Introduction to Nutrition Science (pre-requisite BISC 1111 or equivalent)	3
EXNS 2122 or EXNS 2126W or EXNS 4199 ^{1,2}	Food Systems in Public Health OR International Nutrition OR Topics in EXNS (ONLY: Metabolism in Exercise & Nutrition Sciences)	3
EXNS 2124	Lifecycle Nutrition	3

Selective Courses: Choose 9 credits from the following list

Course Number	Course Title	Credits
EXNS 1114	Community Nutrition	3
EXNS 2118	Sport and Nutrition	3
EXNS 2120	Assessment of Nutritional Status	3
EXNS 2122 ¹	Food Systems in Public Health	3
EXNS 2123	Nutrition and Chronic Disease	3
EXNS 2126W ¹	International Nutrition	3
EXNS 2127	Introduction to Food Policy	3
EXNS 3111W	Exercise and Nutrition Science Research Methods	3
EXNS 3114W	Cultivating Food Justice in Urban Food Systems	3
EXNS 3120	Experiences in Community Nutrition	1
EXNS 4199 ^{1,2}	Topics in EXNS (ONLY: Metabolism in Exercise & Nutrition Sciences)	2 or 3
GEOG 2133	People, Land, and Food	3

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

¹ The 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.

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