Milken Institute School of Public Health
THE GEORGE WASHINGTON UNIVERSITY

INFORMATION SHEET
Graduate Instructional Assistantship Award
Department of Exercise & Nutrition Sciences

General Information

Graduate instructional assistants (GIAs) teach undergraduate laboratories associated with academic courses and assist in maintaining the academic teaching laboratories. They work closely with the faculty instructor of record to deliver exceptional learning experiences for students. GIAs are responsible for: attending weekly lecture and assisting with attendance and lecture materials, leading laboratory sessions, meeting with the instructor of record weekly, facilitating office hours and open lab sessions, answering student questions via email and during office hours, evaluating and grading assignments, and administering exams and laboratory practicals. **Graduate students with an undergraduate degree in exercise science, kinesiology, or a related field of study, with the ability to instruct across one or more of the courses below, are encouraged to apply.**

EXNS 2210, Applied Anatomy & Physiology I, 4.0 credits
- Fundamentals of human anatomy and physiology for students preparing for health sciences professions. Emphasis on bones, joints, muscles, innervation, and blood supply.

EXNS 2211, Applied Anatomy & Physiology II, 4.0 credits
- Continuation of EXNS 1110. Fundamentals of human anatomy and physiology for students preparing for health sciences professions. Emphasis on muscles, sensory and motor integration of the nervous system, function of the special senses, and the autonomic system.

EXNS 3311, Exercise Physiology I, 4.0 credits
- Response and adaption of the human musculoskeletal, cardiovascular, and pulmonary systems to acute and chronic exercise with training program design and considerations for extreme environmental conditions and special populations.

EXNS 3312, Exercise Physiology II, 4.0 credits
- Function of the human body under the influence of physical activity. Nutrition as a foundation for human performance, energy for physical activity, and comprehensive weight management.

EXNS 3313, Kinesiology, 4.0 credits
- Discussion of human system movement generation through evaluation of musculoskeletal design and function in context of mechanical principles and common injuries. Techniques implemented include palpation, visualization, evaluation of movement.

EXNS 4103, Training & Conditioning Program Design & Application I, 4.0 credits
- Function and response of the human body under the influence of various performance training methods, including exercise preparation, recovery, torso strength and stability, joint mobility, muscular flexibility, and aerobic capacity.

EXNS 4104, Training & Conditioning Program Design & Application II, 4.0 credits
- Continuation of EXNS 4103. Function and response of the human body under the influence of various performance training methodologies and periodization strategies, including muscular strength, power, speed, agility, and anaerobic capacity.

Award Information

Applications are reviewed, and interviews conducted, on a rolling basis during the Spring semester prior to the academic year in which an award is made. GIA Awards are granted for an academic year on an annual basis. Full GIA award (up to 20-hours/week instructional responsibilities) includes: 18 credit hours tuition benefit and $12,000 salary.

Once awarded, GIA responsibilities are assigned based on qualifications of the student, laboratory course schedule, and scheduling availability. First-time GIAs will be required to complete the Graduate Teaching Assistantship Program (GTAP) Orientation and other required trainings. More information on GTAP requirements can be found on the Office of Graduate Student Assistantships and Fellowships website. GIAs are also required to complete laboratory safety trainings.