Milken Institute School of Public Health THE GEORGE WASHINGTON UNIVERSITY	**Department of Exercise and Nutrition Sciences** **Bachelor of Science in Exercise Science / Master of Science in Exercise Science Dual Degree** **2026-2027**

Program Directors

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Background

The George Washington (GW) University Milken Institute School of Public Health (GWSPH) offers a unique opportunity to select students who not only demonstrate academic excellence in their undergraduate studies, but also demonstrate a strong commitment to exercise science, physical activity, and public health. GWSPH will admit a select cohort of outstanding students each year to the dual degree BS in Exercise Science/MS in Exercise Science program. This program guide outlines the curriculum for the dual degree program.

As incentive to move beyond the traditional undergraduate curriculum, GWSPH offers admission to the MS Exercise Science (EXSC) program and the opportunity to begin graduate coursework during the junior and senior undergraduate years. This dual degree program strives to matriculate exercise science students who are committed to applying their background in exercise science to improving health on an individual and population level. This is an appropriate program for pre-health professional students, e.g., pre-medical, pre-physical therapy, pre-dental, with an interest in exercise science.

Mission Statement

To provide graduate-level academic instruction in the science, theory, and application of exercise science, for the purpose of improving human health, athletic performance, and the prevention of inactivity-related chronic health conditions and disorders. Our scholars will be rigorously trained in the methodology of exercise research and innovative thinking to advance knowledge that can be translated into real-world health applications.

Admissions

GWSPH Office of Admissions and Recruitment
950 New Hampshire Avenue, Suite 200
Washington, DC 20052
Phone: 202-994-2160
Email: GWSPHadmit@gwu.edu

Admissions Requirements

Students enrolled in the BS in Exercise Science program students apply directly to the residential MS EXSC program through a special online application. Students must apply in the **summer after** completing 60 credits and at least 2 semesters of undergraduate education**.** Applications are due in early June (check website for exact date). Incomplete or late applications will **not** be considered.

Students must be enrolled in the BS in Exercise Science program before applying to the BS EXSC-MS EXSC dual degree program; students may also be a Exercise Science minor. Students must have a cumulative GPA of at least **3.5** to be considered for admission to the dual degree program.

Students admitted to the dual degree program are **provisionally admitted**. Admission is conditional upon earning a grade of **B** or higher in the approved crossover courses (see Program-at-a-Glance below). Students who do not obtain a B or higher in all three courses will remain an Exercise Science undergraduate major but may not be eligible to continue in the BS EXSC-MS EXSC program.

It is **strongly** recommended students receive guidance about the program before applying. Students may receive guidance from the GWSPH Undergraduate Advisors, at sphundergrad@gwu.edu and/or the BS Exercise Science Program Director, Matthew Barberio, at mbarberio@gwu.edu. Please email the GWSPH Undergraduate Advisors and Dr. Barberio to schedule an appointment.

The link to the online application form is made available at least three weeks prior to the admission deadline on the GWSPH Undergraduate Programs page. A complete application includes:

1. Personal statement
    a. The Statement of Purpose should explain how you became interested in exercise science; the contribution you hope to make to the field; and how you believe GW's program will help you reach your career goals. If there is anything unusual in your transcripts, standardized testing, or resume that you wish to explain to the admissions committee, please include this information in your Statement of Purpose
2. Agreement from two faculty (EXNS preferred) to serve as references
3. Resume
4. Unofficial transcript from BanWeb
5. GREs are not required, though scores will be accepted

No student is considered a dual degree student until this process is completed and the student has received, signed, and returned the letter of acceptance from the GWSPH Office of Recruitment and Admissions. Thereafter, students receive guidance from the Undergraduate Academic Advisor **and their MS faculty advisor**.

Students are strongly encouraged to receive academic guidance from the Undergraduate Academic Advisor to register for all subsequent undergraduate semesters and ensure that all graduation requirements for the BS in Exercise Science are met. Students follow the prescribed BS EXSC-MS EXSC curriculum effective the year they matriculate into the program. The student, with the assistance of their Undergraduate Academic Advisor, is responsible for managing the undergraduate degree requirements and the three crossover graduate courses. The student will work with the graduate-level faculty advisor to plan the graduate coursework beyond the crossover courses.

Students not admitted to the MS program through the dual degree program are strongly encouraged to apply traditionally through the SOPHAS system, post-undergraduate graduation.

Dual Degree Credit Distribution

BS Exercise Science, No Concentration/ MS Exercise Science Must Fulfill the Following Degree Requirements	
General Education Requirements and WID courses	26
Core Exercise Science Requirements	39
Guided Electives	32
General Electives	14
Crossover Credits (count toward both undergraduate and graduate)	9
Remaining MS EXSC credits	27
Total	147

BS Exercise Science, Pre-Athletic Training/Sports Medicine Concentration/ MS Exercise Science Must Fulfill the Following Degree Requirements	
General Education Requirements and WID courses	26
Core Exercise Science Requirements	39
Concentration-Specific Requirements	20-22
Guided Electives	10-12
General Electives	14
Crossover Credits (count toward both undergraduate and graduate)	9
Remaining MS EXSC credits	27
Total	147

BS Exercise Science, Pre-Medical Professionals Concentration/ MS Exercise Science Must Fulfill the Following Degree Requirements	
General Education Requirements and WID courses	26
Core Exercise Science Requirements	39
Concentration-Specific Requirements	31
Guided Electives	1
General Electives	14
Crossover Credits (count toward both undergraduate and graduate)	9
Remaining MS EXSC credits	27
Total	147

BS Exercise Science, Pre-Physical Therapy Concentration/ MS Exercise Science Must Fulfill the Following Degree Requirements	
General Education Requirements and WID courses	26
Core Exercise Science Requirements	39
Concentration-Specific Requirements	26
Guided Electives	6
General Electives	14
Crossover Credits (count toward both undergraduate and graduate)	9
Remaining MS EXSC credits	27
Total	147

BS Exercise Science, Strength & Conditioning Concentration/ MS Exercise Science Must Fulfill the Following Degree Requirements	
General Education Requirements and WID courses	26
Core Exercise Science Requirements	39
Concentration-Specific Requirements	24
Guided Electives	8
General Electives	14
Crossover Credits (count toward both undergraduate and graduate)	9
Remaining MS EXSC credits	27
Total	147

Crossover Courses

Students who are pursuing a BS-to-MS Exercise Science (any concentration) should take the following graduate courses *instead of* their undergraduate counterparts:

Graduate Level Course Substitutions for BS-to-MS Exercise Science		
Graduate Course	Credits	Undergraduate Course Substitution
EXNS 6202 Advanced Exercise Physiology I	3	Will count toward the guided elective requirement of the BS EXSC.
EXNS 6810 Advanced Metabolism	3	*Replaces* EXNS 4199 Metabolism for Exercise and Nutrition Science (3 credits) Will count toward the guided elective requirement of the BS EXSC.
EXNS 6207 Psychological Aspects of Sport and Exercise	3	*Replaces* EXNS 2117 or 2117W Sport Psychology (3 credits) OR *Replaces* EXNS 3123W Psychology of Injury and Rehabilitation (3 credits) These will count toward the guided elective requirement of the BS EXSC. The graduate course is not an approved WID and will not count towards the GenEd WID requirements of the BS degree.
Total Graduate Crossover Credits	9	

Graduation Requirements

Students should comply with policies and procedures as outlined in the University and GWSPH requirements. After completing the BS degree, students will follow all graduate policies outlined in the University Bulletin and the GWSPH Student Handbook. The following graduation requirements are detailed in the Graduate Student Handbook and the GW Bulletin.

- Grade Point Average (GPA)
- Time Limit / Maximum Time to Degree
- Transfer Credit Policy
- Leave of Absence
- CITI Training
- Integrity Quiz and Plagiarism
- Professional Enhancement (PE) Hours

Additional graduation requirements include:

1. **Course Requirements**. Successful completion of all undergraduate program requirements is mandatory for the BS degree, and completion of the remaining graduate courses are required for the MS degree.

2. **Total Credit Requirement:** 120 credits are required for the BS in Exercise Science degree and 36 graduate credits are required for the MS degree. Students may count 9 graduate credits towards both degrees, thus meeting the degree requirements.

3. **Pathways to Public Health (PUBH 6080).** This is waived for dual degree students.

4. **Course Credit**: Students cannot receive graduate credit for undergraduate courses. Equivalent courses at the graduate level may be taken (or required) in the MS degree even if a similar course had been taken at the undergraduate level. Students may not receive undergraduate credit for graduate courses unless taken as a pre-approved crossover course.

All students pursuing a BS Exercise Science-MS Exercise Science dual degree should also work with their graduate program advisor.