

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise & Nutrition Sciences GW Undergraduate Students

Minor in Exercise Science
2026-2027

www.publichealth.gwu.edu

Program Director

Matthew Barberio, PhD
Milken Institute School of Public Health
950 New Hampshire Ave, NW, 2nd floor
Washington, DC 20052
202-994-3862
mbarberio@gwu.edu

GWSPH Undergraduate Advisors

Milken Institute School of Public Health
950 New Hampshire Ave, NW, 2nd floor
Washington, DC 20052
sphundergrad@gwu.edu

Minor in Exercise Science

The Milken Institute School of Public Health (GWSPH) 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 Master of Science 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.

Goals

The goals of the 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.

Admissions Requirements

Applicants must have a 2.5 cumulative GPA or above. To add the minor, students must complete a [declaration form](#). Prior to submitting the form, prospective students should speak with a GWSPH Undergraduate Advisor or the Minor Program Director to plan their course of study. GWSPH will not process requests to add a Minor during the registration period.

Graduation Requirements

All students accepted to this minor must follow the policies and regulations outlined in the [GW Bulletin](#) and the [GWSPH Student Handbook](#). These include, but are not limited to:

- Minimum Grade Point Average (GPA)
- Minimum Course Grades
- Maximum Credit Allowances

- Minor Declaration
- Double Counting
- Continuous Enrollment
- Maximum Time to Degree
- Required Minimum Degree Credits
- Transfer Credit Policy
- Field Experience, Undergraduate Research, Independent Study, and Study Abroad
- CITI Training
- Integrity Quiz and Plagiarism
- Professional Enhancement (PE) Hours

Milken Institute School of Public Health THE GEORGE WASHINGTON UNIVERSITY	Department of Exercise & Nutrition Sciences Minor - Exercise Science (code 319) (Minimum of 18 credits) 2026-2027
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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 3314	4	Exercise Physiology

Selective Courses: Choose a minimum of 5 credits from the following list

Course #	Credits	Title
EXNS 2116	3	Exercise and Health Psychology
EXNS 2118	3	Sport and Nutrition
EXNS 2119	3	Introduction to Nutrition Science
EXNS 2214	3	Injury Prevention, Control, and Assessment
EXNS 3110	1-3	Field Experience in Exercise and Nutrition Sciences
EXNS 3313	4	Kinesiology

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