

Milken Institute School of Public Health THE GEORGE WASHINGTON UNIVERSITY	Department of Exercise & Nutrition Sciences Minor in NUTRITION for GW Undergraduate Students 2026-2027
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Program Director	GWSPH Undergraduate Advisors
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Minor in Nutrition

The Milken Institute School of Public Health (GWSPH) 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 credits. This minor provides a strong foundation in nutrition across the lifespan, in sport, and in public health.

Goals of the Minor in Nutrition at GW

The goals of the 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.

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

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Required Courses (9 credits)

Course Number	Course Title	Credits
EXNS 2119	Introduction to Nutrition Science	3
EXNS 2122 or EXNS 2126W or EXNS 3810 ¹	Food Systems in Public Health OR International Nutrition OR Human Metabolism	3
EXNS 2124	Lifecycle Nutrition	3

Selective Courses (9 credits)

Students select from the approved list of courses below.

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 3810 ¹	Human Metabolism	3
GEOG 2133	People, Land, and Food	3

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 3810, it cannot also count towards the 9 credits of selective courses.

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