

Undergraduate Program Advisor

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Note: All curriculum revisions will be updated immediately on the website <http://publichealth.gwu.edu>.

Background

The Milken Institute School of Public Health at The George Washington University first offered the BS Exercise Science fall semester 1997. Milken Institute SPH was established in July 1997, bringing together three long-standing University programs, and is fully accredited by the Council on Education for Public Health (CEPH). The school educates over 800 students at the undergraduate, graduate, and doctoral levels, and with seven academic departments and four research centers. Since its inception, Milken Institute SPH has offered several undergraduate degrees and programs, including the Bachelor of Science in Exercise Science, the Bachelor of Science in Athletic Training, the Bachelor of Science in Public Health, the Secondary Field of Study/Minor in Exercise Science, the Secondary Field of Study/Minor in Public Health, and the Concentration in Global Public Health in conjunction with the Elliott School of International Affairs.

Careers

The BS in Exercise Science prepares students for professional careers in the field and for entrance into professional graduate programs:

- Health Promotion
- Medicine (Physician Assistant, Nursing, Physician)
- Physical Therapy
- Dietetics
- Corporate Fitness and Wellness Programs
- Personal Training
- Exercise Rehabilitation
- Coaching
- Sport Psychology
- Other health professions

Degree Requirements

All students accepted to the BS with a major in Exercise Science complete 124 credit hours with a minimum 2.5 grade point average (GPA). There are two levels of requirements for the BS with a major in Exercise Science for students to complete: General curriculum requirements and Exercise Science core requirements, plus electives. General curriculum requirements are taken by all undergraduates in Milken Institute SPH and form the liberal education component of the BS degree with a major in Exercise Science.

DEPARTMENT OF EXERCISE and NUTRITION SCIENCES
BACHELOR OF SCIENCE in EXERCISE SCIENCE
2015-2016

University General Education Requirements (GER) Courses (See University Bulletin for GER's under University Regulations)		<i>Credits</i>
University Writing	UW 1020 UNIVERSITY WRITING OR HONR 1015	4
WID	TWO WID COURSES; THESE MAY ALSO BE COUNTED IN ANOTHER CATEGORY	6
Humanities	ONE COURSE IN HUMANITIES <i>e.g. American studies, classical studies, literatures in English, foreign literatures in their original language and in translation, history (including history and appreciation of art, dance, music, film and theatre), humanities, philosophy (except logic), religion, peace studies, and women's studies.</i>	3
Mathematics or Statistics*	ONE COURSE IN EITHER MATH OR STATISTICS <i>Can be satisfied with STAT 1051 or STAT 1053, one of which is required in the BS, Exercise Science Program</i>	3
Science**	ONE NATURAL OR PHYSICAL SCIENCE COURSE WITH LABORATORY EXPERIENCE <i>Can be satisfied with BISC 1111 Introduction to Biology: Cells & Molecules or BISC 1112 Introduction to Biology: Biology of Organisms which are both required in the BS, Exercise Science program</i>	4
Social Science	TWO COURSES IN THE SOCIAL SCIENCES <i>e.g. Anthropology (except biological anthropology), communication, economics, geography, linguistics, media and public affairs, political science, psychology, speech and hearing, sociology (including human services)</i>	6
TOTAL GER		26
Exercise Science Core Courses (same for all concentrations)		
EXNS 1103	Professional Foundations in Exercise Science	3
EXNS 1110	Applied Anatomy & Physiology I & Lab	4
EXNS 1111	Applied Anatomy & Physiology II & Lab	4
EXNS 2110	Prevention and Care of Injury	4
EXNS 2111	Exercise Physiology I & Lab	4
EXNS 2112	Exercise Physiology II & Lab	4
EXNS 2113	Kinesiology & Lab	4
EXNS 2114	Nutrition Sciences I	3
EXNS 2115	Nutrition Sciences II	3
EXNS 2116	Exercise and Health Psychology	3
EXNS 3110	Field Experience	4
EXNS 4110	Current Issues in EXNS	3
PUBH 1102	History of Public Health	3
PUBH 2110	Public Health Biology	3
PSYC 1001	General Psychology	3
BISC 1111**	Introductory Biology: Cells and Molecules	4 [^]
BISC 1112**	Introductory Biology: The Biology of Organisms	4
STAT 1051* <i>or</i> STAT 1053*	Introduction to Business and Economic Statistics <i>or</i> Introduction to Statistics in Social Science	3 [^]
Total Exercise Science Core Requirements <i>^(not including GER requirements)</i>		56

Electives	
Electives: Planned with Advisor- EXNS, HLWL and/or PUBH courses only	18
Other Electives- any courses within University	24
Electives	42
Total Credits	124

BS Exercise Students Must Fulfill the Following Degree Requirements	
◆ All General Curriculum Requirements & WID Courses	26 Credits
◆ All Core Exercise Science Requirements	56 Credits
◆ Electives Planned with Advisor	42 Credits
C- or better required in core Exercise Science courses	

The following is only one **example** of the Bachelor of Science in Exercise Science Course Sequence. Not every student will take every course in the same order.

Freshmen Fall		CR	Freshmen Spring		CR
UW 1020	University Writing	4	<i>Humanities</i>		3
EXNS 1110	Anatomy/Physiology I	4	EXNS 1111	Anatomy/Physiology II	4
PSYC 1001	General Psychology	3	SPHR or COMM	Voice and Diction or Communications	3
EXNS 1103	Professional Foundations in Exercise Science	3	Math 1220 or above	Calculus with pre-calculus	3
			<i>Elective</i>		3
	Total	14		Total	16

Sophomore Fall		CR	Sophomore Spring		CR
BISC 1111	Introduction to Biology	4	BISC 1112	Introduction to Biology	4
STAT 1053	Introduction to Statistics in Social Science	3	<i>WID</i>		3
<i>Humanities</i>		3	<i>Social Science</i>		3
<i>Elective</i>		3	<i>Elective</i>		3
<i>Elective</i>		3	<i>Elective</i>		3
	Total	16		Total	16

Junior Fall		CR	Junior Spring		CR
EXNS 2111	Exercise Physiology I	4	EXNS 2112	Exercise Physiology II	4
EXNS 2110	Prevention and Care of Injury	4	EXNS 2116	Exercise and Health Psychology	3
EXNS 2113	Kinesiology	4	PUBH requirement		3
Social Science		3	<i>Elective</i>		3
			<i>Elective</i>		3
	Total	15		Total	16

Senior Fall		CR	Senior Spring		CR
CHEM 1111	General Chemistry	4	CHEM 1112	General Chemistry	4
EXNS 2114	Nutrition Sciences I	3	EXNS 2115	Nutrition Sciences II	3
EXNS 3110	Internship	3	EXNS 4110	Current Issues in Exercise Science	3
<i>Elective</i>		3	<i>WID</i>		3
<i>Elective</i>		3	<i>Elective</i>		2
	Total	16		Total	15

Course Descriptions and Registration information can be found on the website <http://publichealth.gwu.edu/academics/>.

