Program Director
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Program Mission Statement
The mission of the BS program in Nutrition Science is to provide undergraduates with an in-depth understanding of the scientific aspects of food and nutrition. The program also aims to lay the groundwork for integrating nutrition science across disciplines and provides students with the foundation required to apply nutrition to the health sciences.

Goals of the BS Program in Nutrition Science at GW
The goals of this BS program in Nutrition Science are to ensure that graduates are able to:

- Integrate knowledge of multiple physiologic responses to foods and nutrients at the molecular, cellular, and systemic levels.
- Provide students with a broad introduction to the field of public health.
- Provide students with a public health framework for the translation of nutrition science into human health, function, and disease prevention.
- Develop critical thinking skills in using and evaluating nutrition science research.
- Develop effective oral and written communication skills, ethical and complex decision making abilities, as well as general career development skills for careers in nutrition science.
- Acquire practical skills for promoting healthy nutrition among individuals and populations, taking into account psychologic, anthropologic, and contextual factors that may influence diet and food choice.

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

- Medicine (Physician Assistant, Nursing, Physician)
- Pharmacy
- Dietetics
- Public Health
- Federal agencies
- Worksite wellness and health promotion
- Management of nutrition interventions and research studies
• Food and nutraceutical industry positions
• Trade associations related to food and nutrition
• Non-profit organizations
• Nutrition advocacy groups
• International organizations

Degree Requirements
All students accepted to the BS with a major in Nutrition Science complete 124 credit hours and maintain a minimum 2.5 grade point average in the core Nutrition Science courses. In addition students must earn a minimum of a C- in each Nutrition Science core course. There are five levels of requirements for the BS with a major in Nutrition Science: University general education requirements, Basic Science and Math core requirements, Nutrition core requirements, guided electives, and general electives. General education requirements are taken by all University undergraduate students and form the liberal arts education component of the BS degree with a major in Nutrition Science.

### PROGRAM-AT-A-GLANCE 2018-2019
DEPARTMENT OF EXERCISE and NUTRITION SCIENCES
BACHELOR OF SCIENCE in NUTRITION SCIENCE

<table>
<thead>
<tr>
<th>BS Nutrition Science Students Must Fulfill the Following Degree Requirements</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>All General Education Requirements (GenEd) &amp; WID Courses</td>
<td>26</td>
</tr>
<tr>
<td>All Core Basic Science Requirements</td>
<td>38</td>
</tr>
<tr>
<td>All Core Nutrition Science Requirements</td>
<td>26</td>
</tr>
<tr>
<td>• C- or better in required core Nutrition Science courses and core GPA ≥ 2.5</td>
<td></td>
</tr>
<tr>
<td>Guided Electives Planned with Advisor</td>
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</tr>
<tr>
<td>• Please see the “Guided Electives” worksheet for a list of approved courses</td>
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<tr>
<td>General Electives</td>
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<tr>
<td><strong>Total Nutritional Science Requirements</strong></td>
<td><strong>124</strong></td>
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<table>
<thead>
<tr>
<th>University General Education Requirements (GenEd) Courses (See University Bulletin for General Education Requirements)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>University Writing</strong></td>
<td>UW 1020 UNIVERSITY WRITING OR HONR 1015 TWO WID COURSES; These may also be counted in another category</td>
</tr>
<tr>
<td><strong>Humanities</strong></td>
<td>ONE COURSE IN HUMANITIES [<a href="http://bulletin.gwu.edu/university-regulations/general-education/">http://bulletin.gwu.edu/university-regulations/general-education/</a>]</td>
</tr>
<tr>
<td><strong>Mathematics or Statistics</strong></td>
<td>ONE COURSE IN EITHER MATH OR STATISTICS Can be satisfied with STAT 1051 or STAT 1053 or STAT 1127</td>
</tr>
<tr>
<td><strong>Science</strong></td>
<td>ONE NATURAL OR PHYSICAL SCIENCE COURSE WITH LABORATORY EXPERIENCE Can be satisfied with BISC 1115 and BISC 1125</td>
</tr>
<tr>
<td><strong>Social Science</strong></td>
<td>TWO COURSES IN THE SOCIAL SCIENCES Can be satisfied with ANTH and COMM [<a href="http://bulletin.gwu.edu/university-regulations/general-education/">http://bulletin.gwu.edu/university-regulations/general-education/</a>]</td>
</tr>
<tr>
<td><strong>TOTAL GenEd</strong></td>
<td><strong>26</strong></td>
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Updated March 2019
### BS in Nutrition Science Core Courses

<table>
<thead>
<tr>
<th>Basic Math and Science Core</th>
<th>Nutrition Science Core</th>
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<tbody>
<tr>
<td><strong>BISC 1111</strong> Intro Biology: Cells &amp; Molecules</td>
<td>EXNS 1109 *Professional Foundations in Nutrition Science 1</td>
</tr>
<tr>
<td><strong>BISC 1112</strong> Intro Biology: Biology of Organisms</td>
<td>EXNS 2114 Nutrition Science I 3</td>
</tr>
<tr>
<td><strong>EXNS 1110</strong> Applied Anatomy &amp; Physiology I &amp; Lab</td>
<td>EXNS 2115 Nutrition Science II 3</td>
</tr>
<tr>
<td><strong>EXNS 1111</strong> Applied Anatomy &amp; Physiology II &amp; Lab</td>
<td>EXNS 3111 Nutrition Science Research Methods 3</td>
</tr>
<tr>
<td><strong>CHEM 1111</strong> General Chemistry I</td>
<td>EXNS 4112 Nutrition Senior Capstone Seminar 1</td>
</tr>
<tr>
<td><strong>CHEM 1112</strong> General Chemistry II</td>
<td>PUBH 1101 Introduction to Public Health 3</td>
</tr>
<tr>
<td><strong>CHEM 2151</strong> Organic Chemistry I</td>
<td>EXNS 2120 Assessment of Nutritional Status 3</td>
</tr>
<tr>
<td><strong>CHEM 2153</strong> Organic Chemistry I Lab</td>
<td>EXNS 2123 Nutrition and Chronic Disease 3</td>
</tr>
<tr>
<td><strong>CHEM 2152</strong> Organic Chemistry II</td>
<td>EXNS 2124 Nutrition throughout the Lifecycle 3</td>
</tr>
<tr>
<td><strong>CHEM 2154</strong> Organic Chemistry II Lab</td>
<td>PSYC 1001 General Psychology 3</td>
</tr>
<tr>
<td><strong>BISC 2337</strong> Introductory Microbiology</td>
<td>COMM* G 1040 or 1041 (satisfies Social Science &amp; Oral Communication requirement)</td>
</tr>
<tr>
<td><strong>BISC 3165 or CHEM 3165</strong> Biochemistry</td>
<td>ANTH* G 1002 or 1003 or 1004 (satisfies Social Science &amp; Global/Cross Cultural Perspective requirement)</td>
</tr>
<tr>
<td><strong>MATH ≥ 1220</strong> Calculus with Precalculus (or higher level MATH)</td>
<td>STAT G 1051 or 1053 or 1127</td>
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**TOTAL Basic Science** 38  
**TOTAL Nutrition Science** 26

**TOTAL CORE** 64

**General Electives** 18

**Guided Electives (See list attached)** 16

*Students who have taken EXNS 1103, Professional Foundations in Exercise Science, should not take EXNS 1109.*

Updated March 2019
## NUTRITION SCIENCE GUIDED ELECTIVES, 2019-2020

### ANTHROPOLOGY

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ANTH 1005</td>
<td>Biological Bases of Human Behavior</td>
<td>4</td>
</tr>
<tr>
<td>ANTH 2502</td>
<td>Anthropology of Science and Technology: Twenty-First-Century Brave New Worlds</td>
<td>3</td>
</tr>
<tr>
<td>ANTH 3413</td>
<td>Evolution of the Human Brain</td>
<td>3</td>
</tr>
<tr>
<td>ANTH 3504</td>
<td>Illness, Healing, and Culture</td>
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### BIOCHEMISTRY

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOC 3261</td>
<td>Intro Medical Biochemistry</td>
<td>4</td>
</tr>
<tr>
<td>BIOC 3560</td>
<td>Diet, Health, &amp; Longevity</td>
<td>3</td>
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</table>

### BIOLOGICAL SCIENCES

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BISC 2202</td>
<td>Cell Biology</td>
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<tr>
<td>BISC 2207</td>
<td>Genetics</td>
<td>3</td>
</tr>
<tr>
<td>BISC 2213</td>
<td>Biology of Cancer</td>
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<tr>
<td>BISC 2214</td>
<td>Developmental Biology</td>
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<tr>
<td>BISC 2220</td>
<td>Developmental Neurobiology</td>
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<tr>
<td>BISC 2320</td>
<td>Neural Circuits &amp; Behavior</td>
<td>3</td>
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<tr>
<td>BISC 2322</td>
<td>Human Physiology</td>
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<tr>
<td>BISC 2581</td>
<td>Human Gross Anatomy</td>
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<tr>
<td>BISC 2583</td>
<td>Biology of Proteins</td>
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<tr>
<td>BISC 3209</td>
<td>Molecular Biology</td>
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<tr>
<td>BISC 3212</td>
<td>Immunology</td>
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<tr>
<td>BISC 3261</td>
<td>Introductory Medical Biochemistry</td>
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<tr>
<td>BISC 3262</td>
<td>Biochemistry Lab</td>
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<tr>
<td>BISC 3263</td>
<td>Special Topics in Biochemistry</td>
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<tr>
<td>BISC 3320</td>
<td>Human Neurobiology</td>
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### CHEMISTRY

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>CHEM 3166 or CHEM 3166W</td>
<td>Biochemistry II</td>
<td>3</td>
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<tr>
<td>CHEM 3262</td>
<td>Biochemistry Lab</td>
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<tr>
<td>CHEM 3263W</td>
<td>Special Topics in Biochemistry</td>
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<tr>
<td>CHEM 3564</td>
<td>Lipid Biotechnology</td>
<td>0-2</td>
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<tr>
<td>CHEM 4122</td>
<td>Instrumental Analytical Chemistry</td>
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### EMERGENCY HEALTH SERVICES

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>EHS 1002</td>
<td>CPR &amp; First Aid</td>
<td>1</td>
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<tr>
<td>EHS 1040</td>
<td>EMT Basic</td>
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<tr>
<td>EHS 1041</td>
<td>EMT Basic Lab</td>
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<tr>
<td>EHS 1058</td>
<td>EMT Instructor Development</td>
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<tr>
<td>EHS 2108</td>
<td>Emergency Medical Clinical Scribe</td>
<td>3</td>
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<tr>
<td>EHS 2110</td>
<td>Emergency Department Critical Care Assessment and Procedures</td>
<td>4</td>
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### EXERCISE & NUTRITION SCIENCES

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>EXNS 1114</td>
<td>Community Nutrition</td>
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<tr>
<td>EXNS 1118</td>
<td>Sport and Nutrition</td>
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<tr>
<td>EXNS 1199</td>
<td>Topics in EXNS</td>
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<tr>
<td>EXNS 2111</td>
<td>Exercise Physiology I and Lab</td>
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<tr>
<td>EXNS 2112</td>
<td>Exercise Physiology II and Lab</td>
<td>4</td>
</tr>
<tr>
<td>EXNS 2116</td>
<td>Exercise and Health Psychology</td>
<td>3</td>
</tr>
<tr>
<td>EXNS 2122</td>
<td>Food Systems in Public Health</td>
<td>3</td>
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<tr>
<td>Course Code</td>
<td>Course Title</td>
<td>Credits</td>
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<tr>
<td>-------------</td>
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<tr>
<td>EXNS 3101</td>
<td>Independent Study</td>
<td>3</td>
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<tr>
<td>HLWL 1102</td>
<td>Stress Management</td>
<td>3</td>
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<tr>
<td>HLWL 1103</td>
<td>Issues in Men’s Health</td>
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<tr>
<td>HLWL 1106</td>
<td>Drug Awareness</td>
<td>3</td>
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<tr>
<td>HLWL 1108 or HLWL 1108W</td>
<td>Weight &amp; Society</td>
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<tr>
<td>HLWL 1110</td>
<td>Issues in Alternative Medicine</td>
<td>3</td>
</tr>
<tr>
<td>HLWL 1112</td>
<td>Issues in Women’s Health</td>
<td>3</td>
</tr>
<tr>
<td>HLWL 1114</td>
<td>Personal Health &amp; Wellness</td>
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<tr>
<td>HSCI 2101</td>
<td>Psychological Aspects of Health and Illness (Residential and Online)</td>
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<tr>
<td>HSCI 2102</td>
<td>Pathophysiology (ONLINE ONLY)</td>
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<tr>
<td>HSCI 2103</td>
<td>Health Policy and the Healthcare System (ONLINE ONLY)</td>
<td>3</td>
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<tr>
<td>HSCI 2110</td>
<td>Disease Prevention/Health Promotion (ONLINE ONLY)</td>
<td>3</td>
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<tr>
<td>HSCI 2112W</td>
<td>Writing in the Health Sciences (ONLINE ONLY)</td>
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<tr>
<td>PHYS 1011</td>
<td>General Physics I</td>
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<tr>
<td>PHYS 1012</td>
<td>General Physics II</td>
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<tr>
<td>PSYC 2011 OR PSYC 2011W</td>
<td>Abnormal Psychology</td>
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<td>PSYC 2013</td>
<td>Developmental Psychology</td>
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<td>PSYC 2014</td>
<td>Cognitive Psychology</td>
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<td>PSYC 2015</td>
<td>Biological Psychology</td>
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<tr>
<td>PSYC 2570</td>
<td>Peer Education</td>
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<tr>
<td>PSYC 3128</td>
<td>Health Psychology</td>
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<tr>
<td>PUBH 1102</td>
<td>History of Public Health</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 2110</td>
<td>Public Health Biology</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 2112</td>
<td>Principles of Health Education and Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 2113</td>
<td>Impact of Culture Upon Health</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 2116</td>
<td>Global Delivery of Health Systems</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 2117</td>
<td>Service Learning in Public Health</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 3130</td>
<td>Health Services Management and Economics</td>
<td>3</td>
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<tr>
<td>PUBH 3131</td>
<td>Epidemiology: Measuring Health and Disease</td>
<td>3</td>
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<td>PUBH 3135W</td>
<td>Health Policy</td>
<td>3</td>
</tr>
<tr>
<td>PUBH 3137</td>
<td>Global Public Health Nutrition</td>
<td>3</td>
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</tbody>
</table>

* Guided Electives: the courses listed have been identified as highly relevant to the BS in Nutrition Science curriculum. Sixteen (16) elective credits are required to be selected from this list of ‘guided elective’ courses. General electives (18 additional elective credits) can also be selected from this list, or any other undergraduate course at the University.

Note: courses offered online may only be taken in the summer term.