

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise & Nutrition Sciences
GW Undergraduate Students

Minor in Exercise Science
2022-2023

www.publichealth.gwu.edu

Program Director:

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Background

Minor Fields of Study have been established within the University to provide opportunities for formal inter-school study. Students must be enrolled in a degree program and must be in good standing to be eligible to take a Minor in another school. Upon successful completion of all requirements, the title of Minor and the courses taken in support of the Field are entered on the student's transcript.

Minor in Exercise Science

The Milken Institute School of Public Health (SPH) 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 GW SPH MS program 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 cumulative GPA or above is required for admittance. To earn the Exercise Science minor, students are required to maintain a cumulative GPA of 2.5 or above and earn a C- or above in all minor courses.

To Add or Drop a Minor and to Change the Original Minor Program of Study

Please see the Program Advisor for information, admission to the minor, to drop the minor, for assistance in the selection of the elective course and to amend the courses on the original program of study. Milken Institute SPH will not process requests to add a Minor during the registration period. To declare the Exercise Science minor, go [here](#).

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Department of Exercise & Nutrition Sciences
Minor -Exercise Science (code 319)
(Minimum of 18 credits)

2022-2023

Required Courses: (13 credits)

Course #	Credits	Title
EXNS 1103	1	Professional Foundations for Exercise Science
EXNS 1110	4	Applied Anatomy & Physiology I
EXNS 1111	4	Applied Anatomy & Physiology II*
EXNS 2111	4	Exercise Physiology I

Selective Courses: Choose two courses from the following list (minimum of 5 credits)

Course #	Credits	Title
EXNS 1118	3	Sport and Nutrition
EXNS 2110	3	Injury Prevention and Control
EXNS 2112	4	Exercise Physiology II*
EXNS 2113	4	Kinesiology
EXNS 2116	3	Exercise and Health Psychology
EXNS 2119	3	Introduction to Nutrition Science
EXNS 3110	1-3	Field Experience in Exercise Science

**Enrollment requires a grade of C- or higher in the first course in this sequence. See advisor for more information.*

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