

# Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

## Department of Exercise and Nutrition Sciences

### Dual Degree

A. BS in Nutrition/MPH, Public Health  
Nutrition

B. BS in Nutrition/Any Other MPH

2023-2024

### Undergraduate Program Director

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### GWSPH Undergraduate Advisors

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## BACKGROUND

The George Washington (GW) University Milken Institute School of Public Health (GWSPH) offers a unique opportunity to select students who not only demonstrate academic excellence in their undergraduate studies, but also demonstrate a strong commitment to nutrition and public health. The Milken Institute SPH will accept a small number of outstanding students each year to the BS in Nutrition/MPH program. Undergraduate majors in Nutrition may apply to the MPH in Public Health Nutrition (PHN) or to any of the MPH programs offered at GW. This program guide outlines the curriculum differences between these dual degree paths.

As an incentive to move beyond the traditional undergraduate curriculum, SPH offers admission to the MPH program without having to sit for the Graduate Record Examination (GRE) and the opportunity to begin graduate coursework during the junior and senior years. This dual degree program strives to matriculate nutrition students who are committed to applying their background in nutrition to improving diet and health on a population level. This is also an appropriate program for pre-professional students with an interest in public health nutrition.

## ADMISSIONS

### GWSPH Office of Admissions and Recruitment

950 New Hampshire Avenue, Suite 200  
Washington, DC 20052  
Phone: 202-994-2160  
Email: [GWSPHAdmit@gwu.edu](mailto:GWSPHAdmit@gwu.edu)

### Admissions Requirements

Students apply directly to the residential MPH program of interest. MPH program through a special online application. Students must apply in the **summer after** completing 60 credits and at least 2 semesters of undergraduate education. Applications are due June 1st (if on a holiday or weekend, applications are accepted the next business day). Incomplete or late applications will **not** be considered.

Students must be enrolled in the BS in Nutrition program before applying to the BS NUTR/MPH dual degree program. Students must have a cumulative GPA of at least **3.3** to be considered for admission to the dual-degree program.

Students admitted to the dual degree program with the MPH are considered to be **provisionally admitted**. Admission is conditional upon earning a grade of **B** or higher in the approved crossover courses (see Program-at-a-Glance below). Students who do not obtain a B or higher in all four courses will remain a Nutrition major, but may not be eligible to continue in the BS NUTR/MPH program.

It is **strongly** recommended that students receive guidance about the program before submitting an application. Students may receive guidance from the GWSPH Undergraduate Advisors, at [sphundergrad@gwu.edu](mailto:sphundergrad@gwu.edu) and/or the BS Nutrition Program Director, Allison Sylvetsky, at [asylvets@gwu.edu](mailto:asylvets@gwu.edu). Please email the GWSPH Undergraduate Advisors and Dr. Sylvetsky to schedule an appointment.

The link to the online application form is made available at least three weeks prior to the admission deadline on the Milken Institute School of Public Health Undergraduate Programs page. A complete application includes:

1. A personal statement
  - a. The Statement of Purpose should explain how you became interested in your field of choice; the contribution you hope to make to your field; and how you believe GW's program will help you reach your career goals. If there is anything unusual in your transcripts, standardized testing, or resume that you wish to explain to the admissions committee, please include this information in your Statement of Purpose.
2. Two letters of recommendation - faculty members preferred;
3. Your resume;
4. Your unofficial transcript from BanWeb (Admissions will cross-check it against an official copy);
5. Students applying to the Department of Epidemiology **must** have completed MATH 1220 or higher **OR** STAT 1051, 1053, 1127 or higher;
6. Students applying to the Department of Biostatistics and Bioinformatics **must** have earned a B or better in Calculus I (MATH 1220 or 1231).
7. GRE scores, if you choose to submit them. *(GRE or other standardized test scores are not required for admission. However, applicants may submit standardized test scores if they feel that including this information will enhance their application.)*

No student is considered a dual-degree student until this process is completed and the student has received, signed, and returned, the letter of acceptance from the GWSPH Office of Recruitment and Admissions. Thereafter, students receive guidance from the Undergraduate Academic Advisor **and their MPH faculty advisor**. Students are strongly encouraged to receive academic guidance from the Undergraduate Academic Advisor in order to register for all subsequent undergraduate semesters and ensure that all graduation requirements for the BS in Nutrition are met. Students follow the prescribed BS NUTR/MPH curriculum effective in the year that he/she matriculates into the program. The student, with the assistance of their undergraduate Academic Advisor, is responsible for managing the undergraduate degree requirements and the four crossover graduate courses. The student will work with the graduate-level faculty advisor to plan the graduate coursework beyond the crossover courses.

Student's not admitted to the MPH program through the dual degree program are strongly encouraged to apply traditionally through the SOPHAS system, post-graduation.

<b>BS in Nutrition Core Courses (34 credits, same for all concentrations)</b> (See Crossover charts below to find substitutions, where applicable, by concentration)					
PUBH 1010	First Year Experience Course	1			
PUBH 1101	Introduction to Public Health	3	PSYC 1001	General Psychology	3
BISC 1111*	Intro Biology: Cells & Molecules <sup>3</sup>	(G)	EXNS 2123	Nutrition and Chronic Disease	3
EXNS 1110	Applied Anatomy & Physiology I & Lab	4	EXNS 2124	Lifecycle Nutrition	3
EXNS 1111	Applied Anatomy & Physiology II & Lab	4	EXNS 3111W	Exercise and Nutrition Science Research Methods	3
CHEM 1110 <sup>1,2</sup>	Fundamentals of Chemistry	2	EXNS 4112	Nutrition Senior Capstone Seminar	1
EXNS 1109**	Professional Foundations in Nutrition	1	COMM*	1040 or 1041 (satisfies Social Science & Oral Communication requirement)	(G)
EXNS 2119	Introduction to Nutrition Science	3	ANTH*	1002 or 1003 or 1004 (satisfies Social Science & Global/Cross Cultural Perspective requirement)	(G)
EXNS 2120	Assessment of Nutritional Status	3	STAT*	1051 or 1053 or 1127 or PUBH 2142	(G)
<b>Total Nutrition Core</b>					<b>34</b>

\* EXCEPT for PUBH 2142, these courses fulfill a General Education requirement (G).

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

<sup>1</sup>Optional for students pursuing the Nutrition Science concentration or Pre-medical Professional concentration (can be waived with score of  $\geq 95$  on ALEKS examination), as these students are required to take General Chemistry 1 (CHEM 1111) and General Chemistry 2 (CHEM 1112)

<sup>2</sup>Students pursuing the Nutrition Science concentration or Pre-medical Professional concentration who elect not to take CHEM 1110 are required to replace these 2 credits with 2 additional credits of guided electives.

<b>Nutrition Science Concentration Requirements</b>					
BISC 1112	Intro Biology: Biology of Organisms	4	CHEM 2152	Organic Chemistry II	3
CHEM 1111	General Chemistry I	4	CHEM 2154	Organic Chemistry II Lab	1
CHEM 1112	General Chemistry II	4	BISC 3165 or CHEM 3165	Biochemistry	3
CHEM 2151	Organic Chemistry I	3	EXNS 4199	Metabolism in Exercise and Nutrition Sciences	3
CHEM 2153	Organic Chemistry I Lab	1	BISC 2336	Introduction to Microbiology	3
			BISC 2337	Introduction to Microbiology Lab	1
<b>Total Nutrition Science Concentration Requirements</b>					<b>30</b>

Pre-medical Professional (PMP) Concentration Requirements					
BISC 1112	Intro Biology: Biology of Organisms	4	CHEM 2152	Organic Chemistry II	3
CHEM 1111	General Chemistry I	4	CHEM 2154	Organic Chemistry II Lab	1
CHEM 1112	General Chemistry II	4	BISC 3165 or CHEM 3165	Biochemistry	3
CHEM 2151	Organic Chemistry I	3	PHYS 1011	General Physics 1	4
CHEM 2153	Organic Chemistry I Lab	1	PHYS 1012	General Physics 2	4
MATH $\geq$ 1220	Calculus with Precalculus (or higher-level MATH)	3	EXNS 1113	Medical Terminology	3
<b>Total Pre-medical Professional Concentration Requirements</b>					<b>37</b>

#### Advising Notes for Pre-Medical Professional (PMP) Concentration students

1. Students who receive AP credit for BISC 1111/BISC 1112 do not need to repeat these courses at GW. However, medical schools will expect that you have a minimum of 8 credit hours of upper level BISC coursework with lab components.
2. Consult your Milken Institute SPH Undergraduate Program Advisor prior to the first term's course registration and in future terms as needed. Students are expected to consult a program advisor in all matters affecting the program of studies, such as changes, substitutions, or withdrawals.
3. Students following the PMP concentration must consult with the University Pre-Health advising team (<https://prehealth.gwu.edu/>) regarding pre-health expectations and procedures.
4. Students are responsible to ensure their curricular choices ultimately fulfill all requirements of any specific medical professional graduate program to which they desire to apply. Often specific schools and/or programs have specific requirements that must be met.

Applied Nutrition Concentration Requirements					
EXNS 1114	Community Nutrition	3	EXNS 2127	Introduction to Food Policy	3
EXNS 2126W	International Nutrition	3	PUBH 2112	Principles of Health Education/Promotion*	2**
EXNS 2122	Food Systems in Public Health	3	PUBH 3131	Introduction to Epidemiology: Measuring Health and Disease*	3
<b>Total Concentration Requirements for BS/NUTR/MPH PHN or BS/OTHER MPH</b>					<b>17</b>

\*Students in the Applied Nutrition concentration who plan to follow the BS in Nutrition/MPH PHN or BS in Nutrition/MPH (any) curriculum, should take the graduate level crossover course in place of these undergraduate courses.

\*\*2 credit course when taken at the graduate level to replace PUBH 2112 (3 credits)

## CROSSOVER COURSES

- A. Students who are pursuing a BS Nutrition/MPH Public Health Nutrition (PHN) should take the following graduate courses *instead of* their undergraduate counterparts:

<b>Graduate Level Course Substitutions for BS Nutrition/MPH, PHN</b>		
PUBH 6611	2	<b>Nutrition Assessment</b> <i>Replaces EXNS 2120</i> Assessment of Nutritional Status <i>*Pre-requisite: EXNS 2119</i>
EXNS 6242	2	<b>Nutrition Throughout the Lifecycle</b> <i>Replaces EXNS 2124</i> Lifecycle Nutrition <i>*Pre-requisite: EXNS 2119</i>
PUBH 6007	2	<b>Social &amp; Behavioral Approaches to Public Health</b> <i>Replaces PUBH 2112</i> Principles of Health Education & Health Promotion <i>*Pre-requisite PUBH 1101</i> Note: Fulfills a Concentration Requirement for students pursuing the Applied Nutrition concentration. Fulfills a Guided Elective requirement for students in the Nutrition Science, PMP, or no concentration.  <i>Students SHOULD NOT take PUBH 2112 Principles of Health Education and Promotion as a Guided Elective.</i>
PUBH 6002	3	Biostatistical Applications for Public Health <i>Replaces PUBH 2142</i> Introduction to Biostatistics for Public Health  Note: Meets the STAT requirement for the BS in Nutrition core.
PUBH 6003	3	<b>Epidemiology</b> <i>Replaces PUBH 3131</i> Epidemiology <i>*Students should, but are not required to, take PUBH 6002 before taking PUBH 6003.</i>  Note: Fulfills a Concentration Requirement for students pursuing the Applied Nutrition concentration. Fulfills a Guided Elective requirement for students in the Nutrition Science, PMP, or no concentration.  <i>Students SHOULD NOT take PUBH 3131 Epidemiology as a Guided Elective.</i>
PUBH 6021	1	Essentials of Public Health Practice and Leadership I
<b>Total Graduate Cross Over Credits</b>	<b>13</b>	

B. Students who are **pursuing a BS Nutrition/MPH (Other MPH)** should take the following graduate courses *instead of* their undergraduate counterparts:

<b>Graduate Level Course Substitutions for MPH (Other MPH's)</b>		
PUBH 6007	2	<p><b>Social &amp; Behavioral Approaches to Public Health</b>  <b>Replaces PUBH 2112</b> Principles of Health Education &amp; Health Promotion  <i>*Pre-requisite PUBH 1101</i>            Note: Fulfills a Concentration Requirement for students pursuing the Applied Nutrition concentration. Fulfills a Guided Elective requirement for students in the Nutrition Science, PMP, or no concentration.</p> <p><i>Students SHOULD NOT take PUBH 2112 Principles of Health Education and Promotion as a Guided Elective.</i></p>
PUBH 6002	3	<p>Biostatistical Applications for Public Health            Replaces PUBH 2142 Introduction to Biostatistics for Public Health</p> <p>Note: Meets the STAT requirement for the BS in Nutrition core.</p>
PUBH 6003	3	<p><b>Epidemiology</b>  <b>Replaces PUBH 3131</b> Epidemiology            ***Students should, but are not required to, take PUBH 6002 before taking PUBH 6003.</p> <p>Note: Fulfills a Concentration Requirement for students pursuing the Applied Nutrition concentration. Fulfills a Guided Elective requirement for students in the Nutrition Science, PMP, or no concentration.</p> <p><i>Students SHOULD NOT take PUBH 3131 Epidemiology as a Guided Elective.</i></p>
PUBH 6011	3	<p><b>Environmental and Biological Foundations for Public Health</b>  <i>Students SHOULD NOT take PUBH 3135W Health Policy as a Guided Elective.</i></p>
PUBH 6021	1	Essentials of Public Health Practice and Leadership I
<b>Total Graduate Cross Over Credits</b>	<b>12</b>	

## MPH CORE COURSE REQUIREMENTS

MPH Core Course Requirements (beyond the crossover courses taken during the BS degree)		
<i>Begin Planning Your Practicum after Completing the First Half of Your Program</i>		
		<b>Credits</b>
PUBH 6000	Applied Practice Experience (APEX)	0
PUBH 6009	Fundamentals of Program Evaluation	2
PUBH 6011	Environmental and Biological Foundations for Public Health	3
PUBH 6012^^	Fundamentals of Health Policy ^^	2
PUBH 6022**	Essentials in Public Health Practice and Leadership II: Managing Organizations and Influencing Systems in Public Health**	1
PUBH 6015	Culminating Experience/Capstone	2
<b>Total</b>	<b>MPH Core Credits</b>	<b>10</b>

^^Only students who pursue a BS Nutrition/MPH PHN will need to take PUBH 6011 as part of the MPH core requirements. Students who pursue a BS Nutrition/Other MPH will take PUBH 6011 as part of the crossover courses.

\*\* Note: Dual degree students are **strongly encouraged** to take **PUBH 6021** in the Fall of their Senior year. Students **may not** take **PUBH 6022** until they matriculate into the MPH program, **following completion of the BS degree**. Students may not begin APEX (PUBH 6000) without advanced approval and until after the MPH Core has been completed.

### BS in Nutrition Guided Electives

Find the most up-to-date Nutrition program guided electives list in the BS, Nutrition program guide.

Notes for dual degree BS/MPH students:

- Students who select EXNS 2122 a Guided Elective and earn an A- or better are eligible to waive and replace PUBH 6612, the required course at the graduate level in the MPH, PHN program.
- Students who earn an A- or better in PUBH 3135W as a Guided Elective may be eligible to waive and replace PUBH 6012 which is required in the MPH core.
- Guided electives offered online may only be taken by undergraduate students in the summer term.
- Only three credits of EXNS 3101, EXNS 3110, or EXNS 3995 count toward guided electives. Additional credits in these courses will count towards the general electives.

## Dual Degree Credit Distribution

<b>A. BS Nutrition/MPH in Public Health Nutrition (PHN)</b>	
BS Nutrition Core Course Requirements (includes 3 graduate courses totaling 7 graduate crossover credits)	
BS Nutrition Concentration Courses	
BS Guided Electives (includes 3 graduate courses totaling 6 graduate crossover credits)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	32
BS/MPH Total Credits (120 credits plus 32 credits = 152 total credits)	152
<b>B. BS Nutrition/Other MPH</b>	
	26
BS Nutrition Core Course Requirements (includes 1 graduate course totaling 3 graduate crossover credits)	34
BS Nutrition Concentration Courses	
BS Guided Electives (includes 5 graduate courses totaling 10 graduate crossover credits)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	33
BS/MPH Total Credits (120 credits plus 33 credits = 153 total credits)	153
<b>A. BS Nutrition/MPH in Public Health Nutrition (PHN)</b>	
BS Nutrition Core Course Requirements (includes 3 graduate courses totaling 7 graduate crossover credits)	
BS Nutrition Concentration Courses	
BS Guided Electives (includes 3 graduate courses totaling 6 graduate crossover credits)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	32
BS/MPH Total Credits (120 credits plus 32 credits = 152 total credits)	152
<b>B. BS Nutrition/Other MPH</b>	
	26
BS Nutrition Core Course Requirements	34
BS Nutrition Concentration Courses	
BS Guided Electives (includes 4 graduate courses totaling 9 graduate crossover credits)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	33
BS/MPH Total Credits (120 credits plus 33 = 153 total credits)	153
<b>A. BS Nutrition/MPH in Public Health Nutrition (PHN)</b>	
BS Nutrition Core Course Requirements (includes 3 graduate courses totaling 7 graduate crossover credits)	
BS Nutrition Concentration Courses	
BS Guided Electives (includes 3 graduate courses totaling 6 graduate crossover credits)	



BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	32
BS/MPH Total Credits (120 credits plus 32 = 152 total credits)	152
<b>B. BS Nutrition/Other MPH</b>	
	26
BS Nutrition Core Course Requirements	34
BS Nutrition Concentration Courses	
BS Guided Electives (includes 4 graduate courses totaling 9 graduate crossover credits)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	33
BS/MPH Total Credits (120 credits plus 33 = 153 total credits)	153
<b>A. BS Nutrition/MPH in Public Health Nutrition (PHN)</b>	
	26
BS Nutrition Core Course Requirements (includes 3 graduate courses totaling 7 graduate crossover credits)	32
BS Nutrition Concentration Courses (includes 2 graduate courses totaling 5 graduate crossover credits)	
BS Guided Electives (includes 1 graduate crossover course totaling 1 graduate crossover credit)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	32
BS/MPH Total Credits (120 credits plus 32 = 152 total credits)	152
<b>B. BS Nutrition/Other MPH</b>	
	26
BS Nutrition Core Course Requirements (includes 1 graduate course totaling 3 graduate crossover credits)	34
BS Nutrition Concentration Courses (includes 2 graduate courses totaling 5 graduate crossover credits)	
BS Guided Electives (includes 2 graduate courses totaling 4 graduate crossover credits)	
BS General Electives	
BS Total Credits	120
MPH additional Credits ( <i>program-specific + graduate electives</i> )	33
BS/MPH Total Credits (120 credits plus 33 = 153 total credits)	153

### **BS Nutrition/MPH Dual Degree Graduation Requirements**

- Total Credit Requirements.** 120 undergraduate credits are required for the BS in Nutrition degree; 32 (if MPH PHN)-33 (if MPH other than PHN) additional graduate credits are required for the MPH degree. Students must be enrolled in at least 51% undergraduate credits each semester during their undergraduate studies to qualify for undergraduate financial aid and scholarships. Both degrees (BS and MPH) must be completed in less than 8 years.

2. **Course Requirements.** Successful completion of all undergraduate program requirements is mandatory for the BS degree, and completion of the remaining graduate Core Courses and the Program-Specific Courses are required for the MPH degree.
3. **Course Credit:** Students may not receive graduate credit for undergraduate courses unless taken as a pre-approved crossover course. Equivalent courses at the graduate level may be taken (or required) in the MPH degree even if a similar course had been taken at the undergraduate level.
4. **Grade Point Requirement.** For the BS in Nutrition, students must maintain a minimum 2.5 grade point average in the core Nutrition courses. In addition, students must earn a minimum of a C- in each Nutrition core course. A 3.0 (B average) overall grade point average is required for graduate courses.
5. **Leave of Absence Policy:** BS/MPH students are permitted to take a leave of absence of one semester, but no longer than one semester and not including the summer, if needed upon graduating from the bachelor's degree and before fully matriculating into the MPH portion of the program. Students must contact their academic advisor in order to do so.
6. **Transfer Credit Policy.** In concordance with undergraduate and graduate established policies.
7. **Comply with policies and procedures** as outlined in the University and SPH requirements. After completing the BS degree, students will follow all graduate policies outlined in the University Bulletin and the SPH Student Handbook. Please pay particular attention to the SPH requirements to complete human research training (CITI training), to complete a minimum of 16 hours of professional enhancement (8 hours *before* completing the BS and *another* 8 hours before completing the MPH) activities, and to pass the Academic Integrity Quiz.

Students are responsible for reviewing and understanding the policies and requirements as outlined in the Undergraduate and Graduate Student Handbooks, which can be found here: <https://publichealth.gwu.edu/content/services-students> as well as the University's Bulletin. The Bulletin is available on-line at [www.gwu.edu/~bulletin/](http://www.gwu.edu/~bulletin/).

**All students pursuing a BS Nutrition/MPH dual degree should also work with their graduate program advisor for additional program specific requirement.**