

# BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION SCIENCE, PRE-MEDICAL PROFESSIONS CONCENTRATION

## REQUIREMENTS

The following requirements must be fulfilled: 120 credits, including 19 credits in University General Education requirements, 31 credits in core public health courses including 3 credits in public health research methods courses, 12 credits in approved public health elective courses, and 58 credits in additional general electives. The pre-medical professional requirements may be fulfilled by either cross counting courses that also meet the University General Education requirements or through credits allotted to general electives

### University General Education Requirement

Code	Title	Credits
UW 1020	University Writing	
or HONR 1015	Honors Seminar: UW 1020: Origins and Evolution of Modern Thought	

Two writing in the disciplines (WID) courses (may also be counted in another category).

One critical or creative analysis in the humanities course.

One quantitative reasoning course. For exercise science and nutrition science majors, must be satisfied with STAT 1051 or STAT 1053 or STAT 1127 .

One scientific reasoning course with laboratory experience. For exercise science and nutrition science majors, must be satisfied with BISC 1111.

Two critical, creative, or quantitative analysis in the social sciences courses. For exercise science and nutrition science majors, must be satisfied with ANTH 1002, or ANTH 1003, or ANTH 1004; and COMM 1040 or COMM 1041.

A list of approved courses can be found on the University General Education Requirements (<http://bulletin.gwu.edu/university-regulations/general-education/>) page.

### Nutrition science core requirements

Code	Title	Credits
Basic math and science (34 credits)		
BISC 1111	Introductory Biology: Cells and Molecules	
BISC 1112	Introductory Biology: The Biology of Organisms	

BISC 3165	Biochemistry I
or CHEM 3165	Biochemistry I
CHEM 1111	General Chemistry I
CHEM 1112	General Chemistry II
CHEM 2151	Organic Chemistry I
CHEM 2153	Organic Chemistry Laboratory I
CHEM 2152	Organic Chemistry II
CHEM 2154	Organic Chemistry Laboratory II
EXNS 1110	Applied Anatomy and Physiology I
EXNS 1111	Applied Anatomy and Physiology II
MATH 1220	Calculus with Precalculus I (or higher)
Nutrition science (26 credits)	
ANTH 1002	Sociocultural Anthropology
or ANTH 1003	Archaeology
or ANTH 1004	Language in Culture and Society
COMM 1040	Public Communication
or COMM 1041	Interpersonal Communication
EXNS 1109	Professional Foundations in Nutrition Science <sup>1</sup>
EXNS 2119	Introduction to Nutrition Science
EXNS 2120	Assessment of Nutritional Status
EXNS 2122	Food Systems in Public Health <sup>2</sup>
or	
EXNS 3199	Advanced Topics in Exercise and Nutrition Sciences (taken in topic International Nutrition only) <sup>2</sup>
or	
EXNS 4199	Advanced Topics in Exercise and Nutrition Sciences (taken in topic Metabolism in Exercise and Nutrition Science topic only) <sup>2</sup>
EXNS 2123	Nutrition and Chronic Disease
EXNS 2124	Lifecycle Nutrition
EXNS 3111W	Exercise and Nutrition Science Research Methods

EXNS 4112	Nutrition Science Senior Capstone Seminar
PUBH 1101	Introduction to Public Health and Health Services
STAT 1051	Introduction to Business and Economic Statistics
or STAT 1053	Introduction to Statistics in Social Science
or STAT 1127	Statistics for the Biological Sciences

### Electives

19 credits in guided electives and 18 credits in general electives.<sup>3</sup>

Code	Title	Credits
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### Pre-medical professional concentration requirements

Required

PHYS 1011	General Physics I
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PHYS 1012	General Physics II
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EXNS 1199	Topics in Exercise and Nutrition Sciences (in topic Medical Terminology only)
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Electives

11 credits in pre-approved guided elective courses.

18 credits in general elective courses.

### Nutrition science Guided Electives

Code	Title	Credits
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ANTH 1005	The Biological Bases of Human Behavior
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ANTH 3413	Evolution of the Human Brain
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ANTH 3504	Illness, Healing, and Culture
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BISC 2202	Cell Biology
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BISC 2207	Genetics
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BISC 2213	Biology of Cancer
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BISC 2214	Developmental Biology
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BISC 2220	Developmental Neurobiology
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BISC 2320	Neural Circuits and Behavior
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BISC 2322	Human Physiology
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BISC 2336	Introductory Microbiology
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BISC 2337	Introductory Microbiology Laboratory
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BISC 2581	Human Gross Anatomy
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BISC 2583	Biology of Proteins
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BISC 3209	Molecular Biology
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BISC 3212	Immunology
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BISC 3261	Introductory Medical Biochemistry
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BISC 3262	Biochemistry Laboratory
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or CHEM 3262	Biochemistry Laboratory
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BISC 3263	Special Topics in Biochemistry
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BISC 3320	Human Neurobiology
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CHEM 3166	Biochemistry II
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or CHEM 3166W	Biochemistry II
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CHEM 3262	Biochemistry Laboratory
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CHEM 3263W	Special Topics in Biochemistry
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CHEM 3564	Lipid Biotechnology
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CHEM 4122	Instrumental Analytical Chemistry
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EHS 1002	CPR and First Aid
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EHS 1040	Emergency Medical Tech-Basic
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EHS 1041	EMT - Basic Lab
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EHS 1058	EMT Instructor Development
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EHS 2108	Emergency Medicine Clinical Scribe
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EHS 2110	Emergency Department Critical Care Assessment and Procedures
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EXNS 1114	Community Nutrition
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EXNS 1118	Sport and Nutrition
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EXNS 1199	Topics in Exercise and Nutrition Sciences
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EXNS 2111	Exercise Physiology I
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EXNS 2112	Exercise Physiology II
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EXNS 2116	Exercise and Health Psychology
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EXNS 2122	Food Systems in Public Health
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EXNS 3101	Independent Study <sup>4</sup>
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EXNS 3110	Field Experience - Exercise and Nutrition Sciences <sup>4</sup>
EXNS 3199	Advanced Topics in Exercise and Nutrition Sciences (taken in topic International Nutrition only) <sup>2</sup>
EXNS 3995	Undergraduate Research <sup>4</sup>
EXNS 4199	Advanced Topics in Exercise and Nutrition Sciences (taken in topic Metabolism in Exercise and Nutrition Sciences only) <sup>2</sup>
HLWL 1102	Stress Management
HLWL 1106	Drug Awareness
HLWL 1108	Weight and Society
HLWL 1114	Personal Health and Wellness
HSCI 2101	Psychosocial Aspects of Health and Illness
HSCI 2102	Pathophysiology
HSCI 2103	Health Policy and the Health Care System
HSCI 2110	Disease Prevention and Health Promotion Concepts
HSCI 2112	Writing in the Health Sciences
or HSCI 2112W	Writing in the Health Sciences
PHYS 1011	General Physics I
PHYS 1012	General Physics II
PSYC 2011	Abnormal Psychology
or PSYC 2011W	Abnormal Psychology
PSYC 2013	Developmental Psychology
PSYC 2014	Cognitive Psychology
PSYC 2015	Biological Psychology
PSYC 2570	Peer Education
PSYC 3128	Health Psychology
PUBH 1102	History of Public Health
PUBH 2110	Public Health Biology
PUBH 2112	Principles of Health Education and Health Promotion
PUBH 2113	Impact of Culture upon Health

PUBH 2116 Global Delivery of Health Systems

PUBH 2117 Service Learning in Public Health

PUBH 3130 Health Services Management and Economics

PUBH 3131 Epidemiology: Measuring Health and Disease

PUBH 3135W Health Policy

PUBH 3137 Global Public Health Nutrition

<sup>1</sup>Students who have taken EXNS 1103 should not take EXNS 1109

<sup>2</sup>EXNS 3199 and EXNS 4199 count toward this requirement only when taken in the topics indicated. Credit for these courses may be applied toward the core course requirement or the guided electives requirement, but not both.

<sup>3</sup>The courses listed above under guided electives have been identified as highly relevant to the BS in Nutrition Science curriculum. 20 elective credits must be selected from this list. General electives (18 additional elective credits) may also be selected from this list, or they may be any other undergraduate course at the University except for LSPA courses.

<sup>4</sup>Only 3 credits taken in EXNS 3101, EXNS 3110, or EXNS 3995 count toward the guided electives requirement. Additional credits in these courses count as general electives.

Note: Courses offered online may be taken in the summer session only.