

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION, APPLIED NUTRITION CONCENTRATION

Program Director: A. Sylvetsky

The mission of GW's nutrition program is to provide undergraduate students with an in-depth understanding of the scientific aspects of food and nutrition and the application of nutrition to public health. As a multi-faceted and cross-disciplinary field, encompassing chemistry, biology, physiology, psychology, and public health, the program lays the groundwork for integrating nutrition science across disciplines. Once they complete the program, students are well-prepared to develop, extend, and apply all aspects of nutrition to improve clinical practice and public health. Program graduates are employed in a variety of settings, including federal government agencies such as the USDA and FDA, nonprofit organizations, and advocacy groups, while others choose to pursue advanced degrees in the health sciences, dietetics, and/or public health.

Students in the nutrition program may select the applied nutrition concentration, which is designed for those interested in the application of nutrition to public health and is well-suited to students with interests in nutrition policy, health promotion, nutritional epidemiology and the role of the food system in influencing dietary and health outcomes.

Visit the program website (<https://publichealth.gwu.edu/content/nutrition-science-bs/>) for additional information.

REQUIREMENTS

The following requirements must be fulfilled: 120 credits, including 26 credits in courses counting toward the University General Education Requirement, 34 credits in core nutrition courses, 18 credits in concentration-specific courses, 18 credits in approved guided elective courses, and 24 credits in general elective courses.

Code	Title	Credits
University General Education Requirement		
UW 1020	University Writing	
or HONR 1015	Honors Seminar: UW 1020: Origins and Evolution of Modern Thought	
6 credits in writing in the disciplines (WID) courses to be taken in at least two courses over two or more semesters. (The courses may also count in another category.)		
One critical or creative analysis in the humanities course.		

One quantitative reasoning course. For exercise science and nutrition majors, must be satisfied with one of the following: STAT 1051, STAT 1053, STAT 1127, or PUBH 2142. Except for PUBH 2142, these courses count toward the General Education Requirement.

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

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

Information about approved courses can be found under University General Education Requirement (<http://bulletin.gwu.edu/university-regulations/general-education/>).

Code	Title	Credits
Required core nutrition courses		
34 credits in core nutrition classes. Students must maintain a minimum grade point average of 2.5 in the nutrition core requirements with a minimum grade of C- in each core course.		
PUBH 1010	First-Year Experience in Public Health	
EXNS 1109	Professional Foundations in Nutrition	
EXNS 1110	Applied Anatomy and Physiology I	
EXNS 1111	Applied Anatomy and Physiology II	
CHEM 1110	Fundamentals of Chemistry	
EXNS 2119	Introduction to Nutrition Science	
EXNS 2120	Assessment of Nutritional Status	
EXNS 2123	Nutrition and Chronic Disease	
EXNS 2124	Lifecycle Nutrition	
EXNS 3111W	Exercise and Nutrition Sciences Research Methods	
EXNS 4112	Nutrition Senior Capstone Seminar	
PUBH 1101	Introduction to Public Health and Health Services	
PSYC 1001	General Psychology	
ANTH 1002	Sociocultural Anthropology *	
or ANTH 1003	Archaeology	
or ANTH 1004	Language in Culture and Society	

BISC 1111	Introductory Biology: Cells and Molecules *
COMM 1040 or COMM 1041	Public Communication * Interpersonal Communication
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
or PUBH 2142	Introduction to Biostatistics for Public Health

*The ANTH, BISC, COMM and STAT courses count toward the General Education Requirement; however, while required, they do not count toward the 34 credits in nutrition core courses. PUBH 2142 does not count toward the General Education Requirement, but it does count as a nutrition core course.

Code	Title	Credits
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Concentration requirement

18 credits in required concentration-specific courses.

EXNS 1114	Community Nutrition
EXNS 2122	Food Systems in Public Health
EXNS 2126W	International Nutrition
EXNS 2127	Introduction to Food Policy
PUBH 2112	Principles of Health Education and Health Promotion
PUBH 3131	Epidemiology

Code	Title	Credits
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Electives

42 total credits in elective courses, including 18 credits in nutrition guided electives, selected in consultation with the advisor, and 24 credits in general elective courses. See the list of pre-approved guided electives for the BS in nutrition program requirements page. **

No more than 3 credits in Lifestyle, Sport, and Physical Activity (LSPA) courses may be counted toward the 120 credits required for the bachelor's degree. LSPA courses count as general electives.

**See list of pre-approved guided electives (<http://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/>).