BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE

Program Director B. Westerman

Advisor K. Pinto

The bachelor of science with a major in exercise science degree program prepares individuals for careers in medicine and other health related professions including athletic training/sports medicine, physical therapy, physician’s assistant or nursing, exercise physiology and rehabilitation, sport psychology as well as fitness and health promotion.

Students in the exercise science major may select the pre-medical professional concentration (for those planning to enter a medical, physician assistant, or nursing program upon graduation), the pre-physical therapy concentration, or the pre-athletic training/sports medicine concentration. The exercise science major also may be taken without a concentration.

REQUIREMENTS

The following requirements must be fulfilled:

124 credits and maintenance of a minimum grade point average of 2.5 in the exercise science core requirements.

University General Education Requirement*

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXNS 1103</td>
<td>Professional Foundations in Exercise Science</td>
<td></td>
</tr>
<tr>
<td>EXNS 1110</td>
<td>Applied Anatomy and Physiology I</td>
<td></td>
</tr>
<tr>
<td>EXNS 1111</td>
<td>Applied Anatomy and Physiology II</td>
<td></td>
</tr>
<tr>
<td>EXNS 2111</td>
<td>Exercise Physiology I</td>
<td></td>
</tr>
<tr>
<td>EXNS 2112</td>
<td>Exercise Physiology II</td>
<td></td>
</tr>
<tr>
<td>EXNS 2113</td>
<td>Kinesiology</td>
<td></td>
</tr>
<tr>
<td>EXNS 2116</td>
<td>Exercise and Health Psychology</td>
<td></td>
</tr>
<tr>
<td>EXNS 2119</td>
<td>Introduction to Nutrition Science</td>
<td></td>
</tr>
<tr>
<td>EXNS 3110</td>
<td>Field Experience - Exercise and Nutrition Sciences</td>
<td></td>
</tr>
<tr>
<td>EXNS 4110</td>
<td>Current Issues in Exercise Science</td>
<td></td>
</tr>
<tr>
<td>PSYC 1001</td>
<td>General Psychology</td>
<td></td>
</tr>
<tr>
<td>PUBH 1101</td>
<td>Introduction to Public Health and Health Services</td>
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Course requirements also fulfilling University General Education Requirements (13 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>ANTH 1002</td>
<td>Sociocultural Anthropology</td>
</tr>
<tr>
<td>ANTH 1003</td>
<td>Archaeology</td>
</tr>
<tr>
<td>ANTH 1004</td>
<td>Language in Culture and Society</td>
</tr>
<tr>
<td>BISC 1115</td>
<td>Introductory Biology: Cells and Molecules</td>
</tr>
<tr>
<td>BISC 1125</td>
<td>and Introduction to Cells and Molecules Laboratory</td>
</tr>
<tr>
<td>COMM 1040</td>
<td>Public Communication</td>
</tr>
<tr>
<td>COMM 1041</td>
<td>Interpersonal Communication</td>
</tr>
<tr>
<td>STAT 1051</td>
<td>Introduction to Business and Economic Statistics</td>
</tr>
<tr>
<td>STAT 1053</td>
<td>Introduction to Statistics in Social Science</td>
</tr>
<tr>
<td>STAT 1127</td>
<td>Statistics for the Biological Sciences</td>
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</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td></td>
<td>Electives (58 credits)</td>
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<tr>
<td></td>
<td>40 credits of guided electives planned with the advisor</td>
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<tr>
<td></td>
<td>18 credits of general electives</td>
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<tr>
<td></td>
<td><strong>Guided Electives</strong></td>
<td></td>
</tr>
<tr>
<td>Code</td>
<td>Title</td>
<td>Credits</td>
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<tr>
<td>ANTH 1005</td>
<td>The Biological Bases of Human Behavior</td>
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<tr>
<td>ANTH 2502</td>
<td>Anthropology of Science and Technology: Twenty-First-Century Brave New Worlds</td>
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<tr>
<td>ANTH 3413</td>
<td>Evolution of the Human Brain</td>
<td></td>
</tr>
<tr>
<td>ANTH 3504</td>
<td>Illness, Healing, and Culture</td>
<td></td>
</tr>
<tr>
<td>BIOC 3261</td>
<td>Introductory Medical Biochemistry</td>
<td></td>
</tr>
<tr>
<td>BIOC 3560</td>
<td>Diet, Health, and Longevity</td>
<td></td>
</tr>
<tr>
<td>BISC 1116</td>
<td>Introductory Biology: The Biology of Organisms and Introduction to Organisms Laboratory</td>
<td></td>
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<tr>
<td>BISC 2202</td>
<td>Cell Biology</td>
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<tr>
<td>BISC 2207</td>
<td>Genetics</td>
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<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 2318</td>
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<tr>
<td>BISC 2320</td>
<td>Neural Circuits and Behavior</td>
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<tr>
<td>BISC 2322</td>
<td>Human Physiology</td>
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<tr>
<td>BISC 2337</td>
<td>Introductory Microbiology</td>
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<tr>
<td>BISC 2380</td>
<td>Biotechnology</td>
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<tr>
<td>BISC 2581</td>
<td>Human Gross Anatomy</td>
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<tr>
<td>BISC 3165</td>
<td>Biochemistry I</td>
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</tr>
<tr>
<td>BISC 3166</td>
<td>Biochemistry II</td>
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<tr>
<td>CHEM 1111</td>
<td>General Chemistry I</td>
<td></td>
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<tr>
<td>CHEM 1112</td>
<td>General Chemistry II</td>
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<tr>
<td>CHEM 2151</td>
<td>Organic Chemistry I</td>
<td></td>
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<tr>
<td>CHEM 2153</td>
<td>Organic Chemistry Laboratory I</td>
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<tr>
<td>CHEM 2154</td>
<td>Organic Chemistry Laboratory II</td>
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<tr>
<td>CHEM 3165</td>
<td>Biochemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 3166</td>
<td>Biochemistry II</td>
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<tr>
<td>CHEM 3166W</td>
<td>Biochemistry II</td>
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<tr>
<td>CHEM 3263W</td>
<td>Special Topics in Biochemistry</td>
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<tr>
<td>EHS 1002</td>
<td>CPR and First Aid</td>
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<tr>
<td>EHS 1040</td>
<td>Emergency Medical Tech-Basic</td>
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<tr>
<td>EHS 1041</td>
<td>EMT - Basic Lab</td>
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</tr>
<tr>
<td>EHS 1058</td>
<td>EMT Instructor Development</td>
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</tr>
<tr>
<td>EHS 2108</td>
<td>Emergency Medicine Clinical Scribe</td>
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<tr>
<td>EHS 2110</td>
<td>Emergency Department Critical Care Assessment and Procedures</td>
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<tr>
<td>EXNS 1112</td>
<td>Current Issues in Coaching</td>
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<tr>
<td>EXNS 1114</td>
<td>Community Nutrition</td>
<td></td>
</tr>
<tr>
<td>EXNS 1117</td>
<td>Principles of Coaching (2 different courses)</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 Exercise and Nutrition Sciences</td>
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<tr>
<td>EXNS 2110</td>
<td>Injury Prevention and Control</td>
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</tr>
<tr>
<td>EXNS 2117</td>
<td>Sport Psychology</td>
<td></td>
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<tr>
<td>EXNS 2117W</td>
<td>Sport Psychology</td>
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</table>

Bachelor of Science with a Major in Exercise Science
<table>
<thead>
<tr>
<th>Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>EXNS 2120</td>
<td>Assessment of Nutritional Status</td>
</tr>
<tr>
<td>EXNS 2121</td>
<td>Orthopaedic Taping and Bracing</td>
</tr>
<tr>
<td>EXNS 2122</td>
<td>Food Systems in Public Health</td>
</tr>
<tr>
<td>EXNS 3101</td>
<td>Independent Study</td>
</tr>
<tr>
<td>EXNS 3102</td>
<td>Applied Sport Psychology</td>
</tr>
<tr>
<td>EXNS 3117</td>
<td>Injury Assessment</td>
</tr>
<tr>
<td>EXNS 3118</td>
<td>Therapeutic Modalities in Sports Medicine</td>
</tr>
<tr>
<td>EXNS 3119</td>
<td>Therapeutic Exercise in Sports Medicine</td>
</tr>
<tr>
<td>EXNS 3121</td>
<td>Medical Issues in Sports Medicine</td>
</tr>
<tr>
<td>EXNS 3123W</td>
<td>Psychology of Injury and Rehabilitation</td>
</tr>
<tr>
<td>HLWL 1101</td>
<td>Special Topics</td>
</tr>
<tr>
<td>HLWL 1102</td>
<td>Stress Management</td>
</tr>
<tr>
<td>HLWL 1103</td>
<td>Issues in Men’s Health</td>
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<tr>
<td>HLWL 1104</td>
<td>Outdoor and Environmental Education</td>
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<tr>
<td>HLWL 1105</td>
<td>Yoga and the Meaning of Life</td>
</tr>
<tr>
<td>HLWL 1106</td>
<td>Drug Awareness</td>
</tr>
<tr>
<td>HLWL 1108</td>
<td>Weight and Society</td>
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<tr>
<td>or HLWL 1108W</td>
<td>Weight and Society</td>
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<tr>
<td>HLWL 1109</td>
<td>Human Sexuality</td>
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<tr>
<td>HLWL 1110</td>
<td>Issues in Alternative Medicine</td>
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<tr>
<td>HLWL 1112</td>
<td>Issues in Women’s Health</td>
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<tr>
<td>HLWL 1114</td>
<td>Personal Health and Wellness</td>
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<tr>
<td>HLWL 1117</td>
<td>Lifetime Fitness</td>
</tr>
<tr>
<td>HSCI 2101</td>
<td>Psychosocial Aspects of Health and Illness</td>
</tr>
<tr>
<td>HSCI 2102</td>
<td>Pathophysiology</td>
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<tr>
<td>HSCI 2110</td>
<td>Disease Prevention and Health Promotion Concepts</td>
</tr>
<tr>
<td>HSCI 2112W</td>
<td>Writing in the Health Sciences</td>
</tr>
<tr>
<td>HSCI 2117</td>
<td>Introduction to Statistics for Health Sciences</td>
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<tr>
<td>PHYS 1011</td>
<td>General Physics I</td>
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<td>PHYS 1012</td>
<td>General Physics II</td>
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<tr>
<td>PSYC 2011</td>
<td>Abnormal Psychology</td>
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<tr>
<td>or PSYC 2011W</td>
<td>Abnormal Psychology</td>
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<tr>
<td>PSYC 2013</td>
<td>Developmental Psychology</td>
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<tr>
<td>PSYC 2014</td>
<td>Cognitive Psychology</td>
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<td>PSYC 2015</td>
<td>Biological Psychology</td>
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<td>PSYC 2570</td>
<td>Peer Education</td>
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<td>PSYC 3128</td>
<td>Health Psychology</td>
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<tr>
<td>PUBH 1102</td>
<td>History of Public Health</td>
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<td>PUBH 2110</td>
<td>Public Health Biology</td>
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<tr>
<td>PUBH 2112</td>
<td>Principles of Health Education and Health Promotion</td>
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<tr>
<td>PUBH 2113</td>
<td>Impact of Culture upon Health</td>
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<tr>
<td>PUBH 2116</td>
<td>Global Delivery of Health Systems</td>
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<tr>
<td>PUBH 2117</td>
<td>Service Learning in Public Health</td>
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<tr>
<td>PUBH 3130</td>
<td>Health Services Management and Economics</td>
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<tr>
<td>PUBH 3131</td>
<td>Epidemiology: Measuring Health and Disease</td>
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<td>PUBH 3135W</td>
<td>Health Policy</td>
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<tr>
<td>PUBH 3137</td>
<td>Global Public Health Nutrition</td>
</tr>
<tr>
<td>PUBH 3151</td>
<td>Current Issues in Bioethics</td>
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Note: LSPA courses do not count towards the academic requirements for the bachelor of science with a major in exercise science degree.