BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE

Program Advisor and Director  B. Westerman

The Bachelor of Science with a major in exercise science 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 may also be taken without a concentration.

REQUIREMENTS

All students accepted to the Bachelor of Science with a major in the field of exercise science must complete 124 credits and maintain a minimum grade point average of 2.5.

The following requirements must be fulfilled:

General education:

- **UW 1020** University Writing
- or **HONR 1015** Honors Proseminar: UW 1020: Origins and Evolution of Modern Thought
- **STAT 1051** Introduction to Business and Economic Statistics
- or **STAT 1053** Introduction to Statistics in Social Science
- **BISC 1111** Introductory Biology: Cells and Molecules
- **BISC 1112** Introductory Biology: The Biology of Organisms
- One humanities course selected from approved list*
- Two social science courses selected from approved list*
- Two writing-in-the-discipline (WID) courses**

Core requirements:

Students must earn a grade of C- or better in all core exercise science required courses.

- **EXNS 1103** Professional Foundations in Exercise Science
- **EXNS 1110** Applied Anatomy and Physiology I
- **EXNS 1111** Applied Anatomy and Physiology II
- **EXNS 2110** Prevention and Care of Injury
- **EXNS 2111** Exercise Physiology I
- **EXNS 2112** Exercise Physiology II
- **EXNS 2113** Kinesiology
- **EXNS 2114** Nutrition Sciences I
- **EXNS 2115** Nutrition Sciences II
- **EXNS 2116** Exercise and Health Psychology
- **EXNS 3110** Field Experience- Exercise & Nutrition Sciences
- **EXNS 4110** Current Issues in Exercise Science
- **PSYC 1001** General Psychology
- **PUBH 1102** History of Public Health
- **PUBH 2110** Public Health Biology

Electives:

- 18 credits selected from EXNS, HLWL, and/or PUBH
- 30 credits of electives

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

**WID courses may fulfill other requirements

Note: LSPA courses do not count towards the academic requirements for the Bachelor of Science with a major in exercise science.