EXERCISE AND NUTRITION SCIENCES

The Department of Exercise and Nutrition Sciences is uniquely positioned within the only school of public health in the nation’s capital while also offering programs that integrate the complimentary sciences of nutrition and exercise. The curriculum provides students with the opportunity to learn not only how exercise, physical activity, and nutrition affect the individual, but also how these factors affect the health and function of communities at large. Students within the Department engage in research and applied learning experiences in settings as diverse as the National Institutes of Health, professional sports teams, the U.S. Department of Agriculture, the Pentagon, and the DC public school system.

UNDERGRADUATE

Bachelor's programs
- Bachelor of Science with a major in exercise science (http://bulletin.gwu.edu/public-health/exercise-science/bs)
- Bachelor of Science with a major in exercise science, pre-athletic training/sports medicine concentration (http://bulletin.gwu.edu/public-health/exercise-science/bs/pre-athletic-training)
- Bachelor of Science with a major in exercise science, pre-medical professional concentration (http://bulletin.gwu.edu/public-health/exercise-science/bs/pre-medical)
- Bachelor of Science with a major in exercise science, pre-physical therapy concentration (http://bulletin.gwu.edu/public-health/exercise-science/bs/pre-physical-therapy)
- Bachelor of Science with a major in nutrition science (http://bulletin.gwu.edu/public-health/bs-nutrition-science)

Minors
- Minor in exercise science (http://bulletin.gwu.edu/public-health/exercise-science/bs/Minor)
- Minor in nutrition (http://bulletin.gwu.edu/public-health/nutrition-science/bs/Minor)

GRADUATE

Master's programs
- Master of Public Health in the field of physical activity in public health (http://bulletin.gwu.edu/public-health/exercise-science/bs MPH-Physical-Activity)
- Master of Public Health in the field of public health nutrition (http://bulletin.gwu.edu/public-health/exercise-science/bs MPH-Public-Health-Nutrition)
- Master of Science in the field of exercise science with a concentration in strength and conditioning (http://bulletin.gwu.edu/public-health/exercise-science/bs MS-Concentration-Strength-Conditioning)

FACULTY

Professors  L. DiPietro, J. Sacheck-Ward (Chair)
Associate Professors  M. Barron, T.A. Miller, K. Robien, S.A. Talegawker, A. Visek, B.J. Westerman
Assistant Professors  A. Meni, M. Barberio, K. Levers

EXPLANATION OF COURSE NUMBERS
- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-division undergraduate courses that can also be taken for graduate credit with permission and additional work
- Those in the 6000s and 8000s are for master’s, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

COURSES

•  Exercise and Nutrition Sciences (EXNS) (http://bulletin.gwu.edu/courses/exns)
•  Health and Wellness (HLWL) (http://bulletin.gwu.edu/courses/hlwl)
•  Lifestyle, Sport, and Physical Activity (LSPA) (http://bulletin.gwu.edu/courses/lspa)