

DOCTOR OF PHILOSOPHY IN THE FIELD OF EXERCISE PHYSIOLOGY AND APPLIED NUTRITION (STEM)

Program Director: Rob van Dam

The doctor of philosophy (PhD) in exercise physiology and applied nutrition incorporates a fundamental core appreciation that both exercise and nutrition together are more powerful in fighting many of the most significant contemporary public health problems. The curriculum uniquely integrates both exercise physiology and applied nutrition, which often have synergistic impacts on health. This multidisciplinary program provides a rigorous educational opportunity with a curriculum grounded in science and includes the use of sound methodological approaches and innovative thinking that leads to the advancement of knowledge that can be translated into real-world health applications of physiology and nutrition.

This is a STEM designated program.

Visit the program website (<https://publichealth.gwu.edu/programs/exercise-physiology-and-applied-nutrition-phd/>) for additional information.

ADMISSIONS

Visit the Milken Institute School of Public Health website (<https://publichealth.gwu.edu/>) for additional information about academic programs and information about GWSPH. Graduate admissions information, including application requirements and deadlines, can be found on the GWSPH Graduate Admissions website (<https://publichealth.gwu.edu/admissions/graduate-admissions/>).

REQUIREMENTS

The following requirements must be fulfilled: 48 credits, including 10 credits in required program core courses, 15 credits in required **foundational courses, 12 credits minimum in** courses relevant to specialization area, and 9 to 11 credits in dissertation research.

Code	Title	Credits
Required		
Core PhD program courses		
PUBH 8001	Doctor of Philosophy Seminar on Cross-Cutting Concepts in Public Health	
PUBH 8416	Study Design and Evaluation Methods	
or PUBH 6247	Epidemiologic Methods I: Design of Health Studies	
or PUBH 6495	Field Trial Methods and Application	
PUBH 8418	Applied Statistical Analysis	

or PUBH 6862	Applied Linear Regression Analysis for Public Health Research
PUBH 8435	PhD Dissertation Proposal Development
PUBH 8475	Research Ethics and Integrity in Domestic and International Research
or PUBH 6421	Responsible Conduct of Research
PUBH 6080	Pathways to Public Health ¹
Foundational courses	
EXNS 6202	Advanced Exercise Physiology I
PUBH 6619	Fundamentals of Nutrition Science
PUBH 6611	Nutrition Assessment
EXNS 6810	Advanced Metabolism
EXNS 8108	Laboratory Techniques in Human Physiology
EXNS 8110	Seminar in Exercise Physiology and Applied Nutrition ((2 credits))

Electives	
At least 12 credits in elective courses relevant to a specialization area.	
Dissertation research	
EXNS 8999	Dissertation Research (taken for 9 to 11 credits)

Comprehensive examination

After completion of the course requirements, students take a comprehensive examination based on core courses. Upon successful completion of the examination, students officially enter the doctoral candidacy phase of the program.

Dissertation

Doctoral candidates prepare a written dissertation research proposal with guidance from their dissertation advisor and committee. Each doctoral candidate gives an oral presentation and defense to the committee who determines the student's readiness to commence the dissertation.

Doctoral candidates are required to conduct original research on a contemporary problem or issue. The dissertation includes at least one written manuscript and an oral presentation and defense.

Additional requirements for degree completion:

- Collaborative IRB Training Initiative (CITI) training requirement: All students must complete training regarding human subject

protection regulation and the Health Insurance Portability and Accountability Act of 1996 (HIPAA). To fulfill this requirement, students must complete the CITI course in The Protection of Human Research Subjects.

- Integrity quiz and plagiarism requirement: Students must review the George Washington University Code of Academic Integrity (<https://students.gwu.edu/code-academic-integrity/>), take the quiz within their first semester of study, and ensure documentation is submitted to the SPH Office of Student Records.
- Professional enhancement requirement: Students must attend/participate in eight hours of epidemiology conferences. To be cleared for graduation, students must submit required documentation of applicable professional enhancement activities to the SPH Office of Student Records.
- Completion of a graduate teaching assistantship program certificate. See the GTAP website (<https://gradfellowships.gwu.edu/graduate-teaching-assistantship-program-gtap/>) for additional information.
- Grade-point average: A minimum program grade-point average of 3.0.
- Time limit: The degree must be completed within seven years of matriculation.

Additional information regarding School of Public Health doctoral programs is available on the SPH website (<https://publichealth.gwu.edu/academics/programs/doctoral/>).