BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION (STEM)

Program Director: G. Headrick

The mission of GW's bachelor of science (BS) in 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.

The program also may be taken with an optional applied nutrition, nutrition science, or pre-medical professional concentration.

This is a STEM designated program.

Visit the program website for additional information.

ADMISSIONS

Information on the admission process is available on the Office of Undergraduate Admissions website. Applications may be submitted via the Common Application.

Supporting documents not submitted online should be mailed to: Office of Undergraduate Admissions The George Washington University 800 21st Street NW, Suite 100 Washington, DC 20052

Contact for questions: gwadm@gwu.edu or 202-994-6040

REQUIREMENTS

The following requirements must be fulfilled: 120 total credits, including 26 credits in courses that count toward the University General Education Requirement, 34 credits in nutrition core courses, 18 credits in approved guided elective courses, and 42 credits in general electives.

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<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tr>
<td></td>
<td>University General Education Requirement</td>
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<td>One course in critical thinking in the humanities.</td>
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<td>Two courses in critical thinking, quantitative reasoning, or scientific reasoning in the social sciences. For exercise science and nutrition majors, must be satisfied with one of the following: ANTH 1002, ANTH 1003, or ANTH 1004.</td>
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<td>One course that has an approved oral communication component, For exercise science and nutrition majors, must be satisfied with either COMM 1040 or COMM 1041.</td>
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<td>One course in quantitative reasoning. For exercise science and nutrition majors, must be satisfied with one of the following: STAT 1051, STAT 1053, or STAT 1127.</td>
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<td>One course in scientific reasoning with laboratory experience. For exercise science and nutrition majors, must be satisfied with BISC 1111.</td>
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<tr>
<td>UW 1020</td>
<td>University Writing</td>
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<td>or HONR 1015 (Origins and Evolution of Modern Thought)</td>
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<td>After successful completion of UW 1020 or HONR 1015, 6 credits distributed over at least two different Writing in the Disciplines (WID) courses taken in separate semesters (summer counts as one semester) are required. WID courses are designated by a “W” appended to the course number.</td>
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<td>Approved courses can be found under University General Education Requirement.</td>
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<td>Required core nutrition courses</td>
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<td>34 credits in core nutrition courses. Students must maintain a minimum grade-point average of 2.5 in nutrition core courses with a minimum grade of C- in each course.</td>
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<tr>
<td>CHEM 1110</td>
<td>Fundamentals of Chemistry</td>
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<td>EXNS 1109</td>
<td>Professional Foundations in Nutrition</td>
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<tr>
<td>EXNS 2210</td>
<td>Applied Anatomy and Physiology I</td>
<td></td>
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<tr>
<td>EXNS 2211</td>
<td>Applied Anatomy and Physiology II</td>
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<td>EXNS 2119</td>
<td>Introduction to Nutrition Science</td>
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<td>EXNS 2120</td>
<td>Assessment of Nutritional Status</td>
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<td>EXNS 2123</td>
<td>Nutrition and Chronic Disease</td>
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### Electives

60 credits in elective courses, including 18 credits in courses from the list of preapproved nutrition guided electives, selected in consultation with the advisor; and 42 credits in general electives, which can be additional nutrition guided electives and/or any other undergraduate courses offered by the University.

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

### Nutrition guided electives

The courses listed below have been identified as highly relevant to the BS in nutrition degree program. All guided elective credits must be taken in courses on this list.

Courses offered online can only be taken in the summer term.

### Code | Title | Credits
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**Anthropology**

ANTH 1005 | The Biological Bases of Human Behavior | 2
ANTH 3413 | Evolution of the Human Brain | 3
ANTH 3504 | Illness, Healing, and Culture | 2

**Biological Sciences**

BISC 2202 | Cell Biology | 2
BISC 2207 | Genetics | 3
BISC 2213 | Biology of Cancer | 2
BISC 2214 | Developmental Biology | 2
BISC 2220 | Developmental Neurobiology | 2

BISC 2320 | Neural Circuits and Behavior | 3
BISC 2322 | Human Physiology | 3
BISC 2336 | Introductory Microbiology | 3
BISC 2337 | Introductory Microbiology Laboratory | 3
BISC 2581 | Human Gross Anatomy | 3
BISC 2583 | Biology of Proteins | 3
BISC 3165 | Biochemistry | 3
BISC 3209 | Molecular Biology | 3
BISC 3212 | Immunology | 3
BISC 3262 | Biochemistry Laboratory | 3
BISC 3263 | Special Topics in Biochemistry | 3
BISC 3320 | Human Neurobiology | 3

**Chemistry**

CHEM 3166 | Biochemistry II | 3
CHEM 3166W | Biochemistry II | 3
CHEM 3262 | Biochemistry Laboratory | 3
CHEM 3263W | Special Topics in Biochemistry | 3
CHEM 3564 | Lipid Biotechnology | 3
CHEM 4122 | Instrumental Analytical Chemistry | 3

**Emergency Health Services**

EHS 1002 | CPR and First Aid | 3
EHS 1040 | Emergency Medical Technician | 3
EHS 1041 | Emergency Medical Technician Laboratory | 3
EHS 1058 | EMT Instructor Development | 3
EHS 2108 | Emergency Medicine Clinical Scribe | 3
EHS 2110 | Emergency Department Critical Care Assessment and Procedures | 3

**Exercise and Nutrition Sciences**

EXNS 1113 | Medical Terminology | 2
EXNS 1114 | Community Nutrition | 3
EXNS 2116 | Exercise and Health Psychology | 3
EXNS 2118 | Sport and Nutrition | 3
EXNS 2122 | Food Systems in Public Health | 3

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Bachelor of Science with a Major in Nutrition (STEM)
EXNS 2126W  International Nutrition
EXNS 2127  Introduction to Food Policy
EXNS 3101  Independent Study
or EXNS 3110  Field Experience in Exercise and Nutrition Sciences
or EXNS 3995  Undergraduate Research
EXNS 3311  Exercise Physiology I
EXNS 3312  Exercise Physiology II
EXNS 3120  Experiences in Community Nutrition
EXNS 4199  Advanced Topics in Exercise and Nutrition Sciences (only in the topic Metabolism in Exercise and Nutrition Science)

Health and Wellness
HLWL 1102  Stress Management
HLWL 1106  Drug Awareness
HLWL 1108  Weight and Society
HLWL 1114  Personal Health and Wellness
HLWL 1117  Lifetime Fitness

Health Sciences
HSCI 2101  Psychosocial Aspects of Health and Illness
HSCI 2102  Pathophysiology
HSCI 2110  Disease Prevention and Health Promotion Concepts
HSCI 2112W  Writing in the Health Sciences
HSCI 3113  Health Policy and the Health Care System

Psychology
PSYC 2011  Abnormal Psychology
or PSYC 2011W  Abnormal Psychology
PSYC 2013  Developmental Psychology
PSYC 2014  Cognitive Psychology
PSYC 2015  Biological Psychology
PSYC 2570  Peer Education
PSYC 3128  Health Psychology

Public Health
PUBH 1102  History of Public Health

PUBH 2110  Public Health Biology
PUBH 2112  Principles of Health Education and Health Promotion
PUBH 2113  Impact of Culture upon Health
PUBH 2117  Service Learning in Public Health
PUBH 2142  Introduction to Biostatistics for Public Health
PUBH 3130  Health Services Management and Economics
PUBH 3131  Epidemiology
PUBH 3135W  Health Policy
PUBH 3151W  Current Issues in Bioethics

1 Required course for nutrition science concentration.
2 Required course for pre-medical professional concentration.
3 Required course for the applied nutrition concentration.
4 Only 3 credits of EXNS 3101, EXNS 3110, or EXNS 3995 count toward the guided elective requirement. Additional credits in these courses count as general electives.
5 Required course for the nutrition science concentration.
6 Required course for applied nutrition concentration.