

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

Program Director: A. Sylvestsky

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, (<http://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/applied-nutrition-concentration/>) nutrition science (<http://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/nutrition-science-concentration/>), or pre-medical professional (<http://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/premedical-professional-concentration/>) concentration.

Visit the program website (<https://publichealth.gwu.edu/content/nutrition-science-bs/>) for additional information.

ADMISSIONS

Information on the admission process is available on the Office of Undergraduate Admissions website (<https://undergraduate.admissions.gwu.edu/>). Applications may be submitted via the Common Application (<https://go.gwu.edu/commonapp/>).

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.

Code	Title	Credits
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University General Education Requirement

UW 1020	University Writing	
or HONR 1015	Honors Seminar: UW 1020: Origins and Evolution of Modern Thought	

6 credits taken in at least two writing in the disciplines (WID) courses in two or more separate semesters.

One critical analysis in the humanities course.

One quantitative reasoning course. For exercise science and nutrition majors, must be satisfied with one of the following: STAT 1051, STAT 1053, STAT 1127, or PUBH 2142. Except for PUBH 2142, these courses count toward the General Education Requirement.

One scientific reasoning course with laboratory experience. For exercise science and nutrition majors, must be satisfied with BISC 1111.

Two critical thinking, quantitative reasoning, or scientific reasoning in the social sciences courses. For exercise science and nutrition majors, must be satisfied with one of the following: ANTH 1002, ANTH 1003, or ANTH 1004; and one of the following: COMM 1040 or COMM 1041.

Information about approved courses can be found under University General Education Requirement (<http://bulletin.gwu.edu/university-regulations/general-education/>).

Code	Title	Credits
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Required core nutrition courses

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.

PUBH 1010	First-Year Experience in Public Health	
EXNS 1109	Professional Foundations in Nutrition	
EXNS 1110	Applied Anatomy and Physiology I	
EXNS 1111	Applied Anatomy and Physiology II	
CHEM 1110	Fundamentals of Chemistry	
EXNS 2119	Introduction to Nutrition Science	
EXNS 2120	Assessment of Nutritional Status	
EXNS 2123	Nutrition and Chronic Disease	
EXNS 2124	Lifecycle Nutrition	
EXNS 3111W	Exercise and Nutrition Sciences Research Methods	

EXNS 4112	Nutrition Senior Capstone Seminar
PUBH 1101	Introduction to Public Health and Health Services
PSYC 1001	General Psychology
ANTH 1002	Sociocultural Anthropology *
or ANTH 1003	Archaeology
or ANTH 1004	Language in Culture and Society
BISC 1111	Introductory Biology: Cells and Molecules *
COMM 1040	Public Communication *
or COMM 1041	Interpersonal Communication
STAT 1051	Introduction to Business and Economic Statistics (PUBH 2142 does not count toward the General Education Requirement.) *
or STAT 1053	Introduction to Statistics in Social Science
or STAT 1127	Statistics for the Biological Sciences
or PUBH 2142	Introduction to Biostatistics for Public Health

*The ANTH, BISC, COMM, and STAT courses count toward the General Education Requirement; however, while required, they do not count toward the 34 credits in nutrition core courses. PUBH 2142 does not count toward the General Education requirement, but it does count as a nutrition core course.

Code	Title	Credits
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Electives

60 credits in elective courses, including 18 credits in approved guided elective courses, selected in consultation with the advisor, and 42 credits in general elective courses.

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

Code	Title	Credits
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Nutrition guided electives

The courses listed below have been identified as highly relevant to the BS in nutrition curriculum.

Anthropology

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

BISC 2202	Cell Biology
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BISC 2207	Genetics
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BISC 2213	Biology of Cancer
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BISC 2214	Developmental Biology
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BISC 2220	Developmental Neurobiology
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BISC 2320	Neural Circuits and Behavior
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BISC 2322	Human Physiology
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BISC 2336	Introductory Microbiology
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BISC 2337	Introductory Microbiology Laboratory
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BISC 2581	Human Gross Anatomy
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BISC 2583	Biology of Proteins
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BISC 3165	Biochemistry I
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BISC 3209	Molecular Biology
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BISC 3212	Immunology
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BISC 3262	Biochemistry Laboratory
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BISC 3263	Special Topics in Biochemistry
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BISC 3320	Human Neurobiology
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Chemistry

CHEM 3166	Biochemistry II
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or CHEM 3166W	Biochemistry II
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CHEM 3262	Biochemistry Laboratory
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CHEM 3263W	Special Topics in Biochemistry
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CHEM 3564	Lipid Biotechnology
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CHEM 4122	Instrumental Analytical Chemistry
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Emergency health services

EHS 1002	CPR and First Aid
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EHS 1040	Emergency Medical Tech-Basic
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EHS 1041	EMT - Basic Lab
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EHS 1058	EMT Instructor Development
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EHS 2108	Emergency Medicine Clinical Scribe
EHS 2110	Emergency Department Critical Care Assessment and Procedures
Exercise and nutrition sciences	
EXNS 1113	Medical Terminology
EXNS 1114	Community Nutrition
EXNS 1118	Sport and Nutrition
EXNS 2111	Exercise Physiology I
EXNS 2112	Exercise Physiology II
EXNS 2116	Exercise and Health Psychology
EXNS 2122	Food Systems in Public Health
EXNS 2126W	International Nutrition
EXNS 2127	Introduction to Food Policy
EXNS 3101	Independent Study (Only 3 credits in these courses may be counted as guided electives; additional credits count as general electives.)
or EXNS 3110	Field Experience - Exercise and Nutrition Sciences
or EXNS 3995	Undergraduate Research
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 (residential and online)
HSCI 2102	Pathophysiology (online only)
HSCI 2110	Disease Prevention and Health Promotion Concepts (online only)
HSCI 2112W	Writing in the Health Sciences (online only)

HSCI 3113 Health Policy and the Health Care System (online only)

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 3130 Health Services Management and Economics

PUBH 3131 Epidemiology (Required for the applied nutrition concentration)

PUBH 3135W Health Policy

PUBH 3151W Current Issues in Bioethics

**Courses offered online may only be taken in the summer term.