BACHELOR OF SCIENCE WITH
A MAJOR IN EXERCISE SCIENCE,
STRENGTH AND CONDITIONING
CONCENTRATION

Program Director: B. Westerman

The bachelor of science (BS) in exercise science with a concentration in strength and conditioning allows students to gain knowledge and skills to facilitate evidence-based practice in health and human performance. Comprehensive instruction is provided in sports performance training theory and techniques, while broader instruction in anatomy and physiology, sports psychology, exercise physiology, sports nutrition, and kinesiology lay foundational multidisciplinary knowledge. Students also gain practical training and assessment experience through applied laboratory coursework in addition to an athletic or human performance internship. Ultimately, this coursework helps prepare students for the National Strength and Conditioning Association’s Certified Strength and Conditioning Specialist exam upon graduation.

Visit the program website (https://publichealth.gwu.edu/programs/exercise-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: 124 total credits, including 26 credits in University General Education Requirement courses, 39 credits in exercise science core courses, 27 credits in required concentration coursework, 14 credits in approved guided elective courses, and 18 credits in additional general elective courses.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>UW 1020</td>
<td>University Writing</td>
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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
COMM 1041 Interpersonal Communication
STAT 1051 Introduction to Business and Economic Statistics
  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 meet General Education requirements; however, while required, they do not count toward the 39 credits in exercise science core courses. PUBH 2142 does not count toward the General Education requirement, but it does count as an exercise science core course.

32 total credits in elective courses, including 14 credits in guided electives selected in consultation with the advisor and 18 credits in general electives. **

Note: No more than 3 credits of Lifestyle, Sport, and Physical Activity (LSPA) courses may count toward the 124 credits required for the bachelor’s degree.

** See list of preapproved guided electives for the BS with a major in exercise science program (https://bulletin.gwu.edu/public-health/exercise-science/bs/#requirementstext).