BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE, PRE-ATHLETIC TRAINING/SPORTS MEDICINE CONCENTRATION

Program Director: B. Westerman

The bachelor of science in exercise science with pre-athletic training/sports medicine concentration program offers students the chance to acquire knowledge and skills in the scientific basis of the benefits of regular physical activity and proper nutrition to sports medicine and athletic training. The pre-athletic training/ sports medicine program trains students in the science and practice of exercise, physical activity, and health in the greater context of public health by developing critical thinking skills and fostering lifelong learning.

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 Requirements, 39 additional credits in core exercise science requirements, 25 credits in required concentration coursework, 16 credits in approved guided elective courses, and 18 credits in additional general electives.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUBH 1010</td>
<td>First-Year Experience in Public Health</td>
<td></td>
</tr>
<tr>
<td>EXNS 1103</td>
<td>Professional Foundations in Exercise Science</td>
<td></td>
</tr>
<tr>
<td>EXNS 1110</td>
<td>Applied Anatomy and Physiology I</td>
<td></td>
</tr>
<tr>
<td>EXNS 1111</td>
<td>Applied Anatomy and Physiology II</td>
<td></td>
</tr>
<tr>
<td>EXNS 2111</td>
<td>Exercise Physiology I</td>
<td></td>
</tr>
<tr>
<td>EXNS 2112</td>
<td>Exercise Physiology II</td>
<td></td>
</tr>
<tr>
<td>EXNS 2113</td>
<td>Kinesiology</td>
<td></td>
</tr>
<tr>
<td>EXNS 2116</td>
<td>Exercise and Health Psychology</td>
<td></td>
</tr>
<tr>
<td>EXNS 2119</td>
<td>Introduction to Nutrition Science</td>
<td></td>
</tr>
<tr>
<td>EXNS 3110</td>
<td>Field Experience - Exercise and Nutrition Sciences (taken for 2 credits)</td>
<td></td>
</tr>
<tr>
<td>EXNS 4110</td>
<td>Current Issues in Exercise Science</td>
<td></td>
</tr>
<tr>
<td>PUBH 1101</td>
<td>Introduction to Public Health and Health Services</td>
<td></td>
</tr>
<tr>
<td>PSYC 1001</td>
<td>General Psychology</td>
<td></td>
</tr>
<tr>
<td>ANTH 1002</td>
<td>Sociocultural Anthropology *</td>
<td></td>
</tr>
<tr>
<td>or ANTH 1003</td>
<td>Archaeology</td>
<td></td>
</tr>
</tbody>
</table>

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 (https://bulletin.gwu.edu/university-regulations/general-education/).

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 (https://bulletin.gwu.edu/university-regulations/general-education/).
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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXNS 2110</td>
<td>Injury Prevention and Control</td>
<td></td>
</tr>
<tr>
<td>EXNS 2121</td>
<td>Orthopedic Taping and Bracing</td>
<td></td>
</tr>
<tr>
<td>EXNS 3117</td>
<td>Injury Assessment</td>
<td></td>
</tr>
<tr>
<td>EXNS 3118</td>
<td>Therapeutic Modalities in Sports Medicine</td>
<td></td>
</tr>
<tr>
<td>EXNS 3119</td>
<td>Therapeutic Exercise in Sports Medicine</td>
<td></td>
</tr>
<tr>
<td>EXNS 3121</td>
<td>Medical Issues in Sports Medicine</td>
<td></td>
</tr>
<tr>
<td>EXNS 3123W</td>
<td>Psychology of Injury and Rehabilitation</td>
<td></td>
</tr>
<tr>
<td>EXNS 3125</td>
<td>Athletic Training Practicum</td>
<td></td>
</tr>
</tbody>
</table>

** Electives

34 total credits in elective courses, including 16 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).