BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE, PRE-MEDICAL PROFESSIONAL CONCENTRATION

Program Director: B. Westerman

The bachelor of science in exercise science, pre-medical professional 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 health and wellness. The pre-medical professional 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 life-long 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 Requirement courses, 39 credits in core exercise science courses, 31 credits in courses for the concentration, 10 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>
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<tbody>
<tr>
<td>UW 1020</td>
<td>University Writing</td>
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<tr>
<td>or HONR 1015</td>
<td>Honors Seminar: UW 1020: Origins and Evolution of Modern Thought</td>
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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/).

### Required exercise science core courses

Students must maintain a minimum grade point average of 2.5 in the exercise science core requirements with a minimum grade of C- in each core course.

- PUBH 1010 First-Year Experience in Public Health
- EXNS 1103 Professional Foundations in Exercise Science
- EXNS 1110 Applied Anatomy and Physiology I
- EXNS 1111 Applied Anatomy and Physiology II
- EXNS 2111 Exercise Physiology I
- EXNS 2112 Exercise Physiology II
- EXNS 2113 Kinesiology
- EXNS 2116 Exercise and Health Psychology
- EXNS 2119 Introduction to Nutrition Science
- EXNS 3110 Field Experience - Exercise and Nutrition Sciences (2 credits)
- EXNS 4110 Current Issues in Exercise Science
- 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
**Concentration requirements**

- 31 credits in concentration-specific courses.

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<tr>
<th>Code</th>
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<tbody>
<tr>
<td>BISC 1112</td>
<td>Introductory Biology: The Biology of Organisms</td>
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<tr>
<td>CHEM 1111</td>
<td>General Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 1112</td>
<td>General Chemistry II</td>
<td></td>
</tr>
<tr>
<td>CHEM 2151</td>
<td>Organic Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 2152</td>
<td>Organic Chemistry II</td>
<td></td>
</tr>
<tr>
<td>CHEM 2153</td>
<td>Organic Chemistry Laboratory I</td>
<td></td>
</tr>
<tr>
<td>CHEM 2154</td>
<td>Organic Chemistry Laboratory II</td>
<td></td>
</tr>
<tr>
<td>MATH 1220</td>
<td>Calculus with Precalculus I (or higher)</td>
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<tr>
<td>PHYS 1011</td>
<td>General Physics I</td>
<td></td>
</tr>
<tr>
<td>PHYS 1012</td>
<td>General Physics II</td>
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**Electives**

- 28 total credits in elective courses, including 10 credits in guided electives selected in consultation with the advisor and 18 credits in general elective courses.

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.**