

EXERCISE AND NUTRITION SCIENCES

The Department of Exercise and Nutrition Sciences, housed within the only school of public health in the nation's capital, offers programs that integrate the complementary disciplines of nutrition and exercise sciences. The curriculum spans undergraduate through doctoral programming and provides students with the opportunity to learn the science of how physical activity and nutrition affect the health and function of individuals, communities, and the greater society. Students within the department engage in research and applied learning experiences in settings as diverse as the National Institutes of Health, U.S. Department of Agriculture, Pentagon, professional sports teams, and local and national nonprofit organizations.

Visit the department website (<https://publichealth.gwu.edu/departments/exercise-and-nutrition-sciences/>) for additional information.

UNDERGRADUATE

Bachelor's programs

- Bachelor of Science with a major in exercise science (<https://bulletin.gwu.edu/public-health/exercise-science/bs/>)
- Bachelor of Science with a major in exercise science, pre-athletic training/sports medicine concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs/pre-athletic-training/>)
- Bachelor of Science with a major in exercise science, pre-medical professional concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs/pre-medical/>)
- Bachelor of Science with a major in exercise science, pre-physical therapy concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs/pre-physical-therapy/>)
- Bachelor of Science with a major in exercise science, strength and conditioning concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs/concentration-strength-conditioning/>)
- Bachelor of Science with a major in nutrition (<https://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/>)
- Bachelor of Science with a major in nutrition, applied nutrition concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/applied-nutrition-concentration/>)
- Bachelor of Science with a major in nutrition, nutrition science concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/nutrition-science-concentration/>)
- Bachelor of Science with a major in nutrition, pre-medical professional concentration (<https://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/premedical-professional-concentration/>)

Combined programs

- Dual Bachelor of Science with a major in nutrition and Master of Public Health (<https://bulletin.gwu.edu/public-health/exercise-science/dual-bs-nutrition-mph/>)

- Dual Bachelor of Science with a major in nutrition and Master of Public Health in the field of public health nutrition (<https://bulletin.gwu.edu/public-health/exercise-science/dual-bs-nutrition-mph-public-health-nutrition/>)

Minors

- Minor in exercise science (<https://bulletin.gwu.edu/public-health/exercise-science/minor/>)
- Minor in nutrition (<https://bulletin.gwu.edu/public-health/exercise-science/minor-nutrition/>)

GRADUATE

Master's programs

- Master of Public Health in the field of physical activity in public health (<https://bulletin.gwu.edu/public-health/exercise-science/mph-physical-activity/>)
- Master of Public Health in the field of public health nutrition (<https://bulletin.gwu.edu/public-health/exercise-science/mph-public-health-nutrition/>)
- Master of Science in the field of exercise science, strength and conditioning concentration (<https://bulletin.gwu.edu/public-health/exercise-science/ms-concentration-strength-conditioning/>)

Doctoral program

- Doctor of Philosophy in the field of exercise physiology and applied nutrition (<https://bulletin.gwu.edu/public-health/exercise-science/phd-exercise-physiology-and-applied-nutrition/>)

FACULTY

Faculty

Professors: L. DiPietro, J. Sacheck-Ward (*Chair*), R. van Dam, B.J. Westerman

Associate Professors: M.J. Barron, B. Kowalczyk, T.A. Miller, K.Z. Robien, E.R. Smith, A.C. Sylvestsky, S.A. TALEGAWKER, A.J. Visek

Assistant Professors: M.D. Barberio, G. Headrick, K.S. Levers, K.R. Lora (*Teaching*)

COURSES

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-level undergraduate courses that also may be taken for graduate credit with permission and additional work assigned
- Those in the 6000s and 8000s are for master's, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

- Exercise and Nutrition Sciences (EXNS) (<https://bulletin.gwu.edu/courses/exns/>)
- Health and Wellness (HLWL) (<https://bulletin.gwu.edu/courses/hlwl/>)
- Lifestyle, Sport, and Physical Activity (LSPA) (<https://bulletin.gwu.edu/courses/lspa/>)
- Public Health (PUBH) (<https://bulletin.gwu.edu/courses/pubh/>)