

# 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](mailto: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.

Code	Title	Credits
<b>University General Education Requirement</b>		
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 (<https://bulletin.gwu.edu/university-regulations/general-education/>).

Code	Title	Credits
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### 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 3111W	Exercise and Nutrition Sciences Research Methods	

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

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>).

\* 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.

Code	Title	Credits
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**Concentration requirements**

27 credits in required concentration-specific courses.

EXNS 1117	Principles of Coaching
EXNS 2117	Sport Psychology
EXNS 2118	Sport and Nutrition
EXNS 2128	Scientific Principles of Strength and Conditioning
EXNS 3103	Training and Conditioning Program Design and Application I
EXNS 3104	Training and Conditioning Program Design and Application II
EXNS 3110	Field Experience - Exercise and Nutrition Sciences (4 credits)
EXNS 3123W	Psychology of Injury and Rehabilitation

**Electives**