

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 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 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.

Code	Title	Credits
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University General Education Requirement

One course in critical thinking in the humanities.

Two courses in critical thinking, quantitative reasoning, or scientific reasoning in the social sciences. For exercise science and nutrition majors, must be satisfied with one of the following: ANTH 1002, ANTH 1003, or ANTH 1004.

One course that has an approved oral communication component. For exercise science and nutrition majors, must be satisfied with either COMM 1040 or COMM 1041.

One course in quantitative reasoning. For exercise science and nutrition majors, must be satisfied with one of the following: STAT 1051, STAT 1053, or STAT 1127.

One course in scientific reasoning with laboratory experience. For exercise science and nutrition majors, must be satisfied with BISC 1111.

UW 1020 University Writing

or HONR 1015 (Origins and Evolution of Modern Thought)

After successful completion of UW 1020 or HONR 1015, 6 credits distributed over at least two different Writing in the Disciplines (WID) courses taken in separate semesters (summer counts as one semester) are required. WID courses are designated by a "W" appended to the course number.

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 (taken for 2 credits)

EXNS 4110 Current Issues in Exercise Science

PUBH 1101 Introduction to Public Health and Health Services

PSYC 1001 General Psychology

** 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>).

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.

Code	Title	Credits
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Concentration requirements

25 credits in required concentration-specific courses

EXNS 2110	Injury Prevention and Control
EXNS 2121	Orthopedic Taping and Bracing
EXNS 3117	Injury Assessment
EXNS 3118	Therapeutic Modalities in Sports Medicine
EXNS 3119	Therapeutic Exercise in Sports Medicine
EXNS 3121	Medical Issues in Sports Medicine
EXNS 3123W	Psychology of Injury and Rehabilitation
EXNS 3125	Athletic Training Practicum

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.