

# 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](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 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.

Code	Title	Credits
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### University General Education Requirement

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	
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EXNS 1103	Professional Foundations in Exercise Science	
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EXNS 1110	Applied Anatomy and Physiology I	
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EXNS 1111	Applied Anatomy and Physiology II	
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EXNS 2111	Exercise Physiology I	
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EXNS 2112	Exercise Physiology II	
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EXNS 2113	Kinesiology	
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EXNS 2116	Exercise and Health Psychology	
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EXNS 2119	Introduction to Nutrition Science	
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EXNS 3110	Field Experience - Exercise and Nutrition Sciences (2 credits)	
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EXNS 4110	Current Issues in Exercise Science	
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PUBH 1101	Introduction to Public Health and Health Services	
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PSYC 1001	General Psychology	
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ANTH 1002	Sociocultural Anthropology *	
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or ANTH 1003	Archaeology	
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or ANTH 1004	Language in Culture and Society	
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BISC 1111            Introductory Biology: Cells and Molecules  
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COMM 1040           Public Communication \*  
or 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.

<b>Code</b>	<b>Title</b>	<b>Credits</b>
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### **Concentration requirements**

31 credits in concentration-specific courses.

BISC 1112            Introductory Biology: The Biology of  
Organisms

CHEM 1111           General Chemistry I

CHEM 1112           General Chemistry II

CHEM 2151           Organic Chemistry I

CHEM 2152           Organic Chemistry II

CHEM 2153           Organic Chemistry Laboratory I

CHEM 2154           Organic Chemistry Laboratory II

MATH 1220           Calculus with Precalculus I (or higher)

PHYS 1011           General Physics I

PHYS 1012           General Physics II

### **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.