

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION, NUTRITION SCIENCE CONCENTRATION

Program Director: G. Headrick

The mission of GW's nutrition program is to provide undergraduate students with an in-depth understanding of the scientific aspects of food and nutrition and the application of nutrition to public health. As a multi-faceted and cross-disciplinary field, encompassing chemistry, biology, physiology, psychology, and public health, the program lays the groundwork for integrating nutrition science across disciplines. Once they complete the program, students are well-prepared to develop, extend, and apply all aspects of nutrition to improve clinical practice and public health. Program graduates are employed in a variety of settings, including federal government agencies such as the USDA and FDA, nonprofit organizations, and advocacy groups, while others choose to pursue advanced degrees in the health sciences, dietetics, and/or public health.

Students in the nutrition program may select the nutrition science concentration, which is designed for those planning to pursue an advanced degree in dietetics and become a registered dietitian. Please note that as of 2024, it is required that students have a Master's degree to become a Registered Dietitian.

Visit the program website (<https://publichealth.gwu.edu/content/nutrition-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: 120 credits, including 26 credits in courses counting toward the University General Education Requirement, 34 credits in nutrition core courses, 30 credits in concentration-specific courses, 12 credits in approved guided elective courses, and 18 credits in general elective courses.

| 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 (http://bulletin.gwu.edu/university-regulations/general-education/). | | |
| Code | Title | Credits |
| Required core nutrition courses | | |
| 34 credits in required core courses. Students must maintain a minimum grade point average of 2.5 in the nutrition core requirements with a minimum grade of C- in each core course. | | |
| PUBH 1010 | First-Year Experience in Public Health | |
| EXNS 1109 | Professional Foundations in Nutrition | |
| EXNS 1110 | Applied Anatomy and Physiology I | |
| EXNS 1111 | Applied Anatomy and Physiology II | |
| CHEM 1110 | Fundamentals of Chemistry | |
| EXNS 2119 | Introduction to Nutrition Science | |
| EXNS 2120 | Assessment of Nutritional Status | |
| EXNS 2123 | Nutrition and Chronic Disease | |
| EXNS 2124 | Lifecycle Nutrition | |

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| EXNS 3111W | Exercise and Nutrition Sciences Research Methods |
| EXNS 4112 | Nutrition Senior Capstone Seminar |
| 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 * |
| 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 count toward the General Education Requirement; however, while required, they do not count toward the 34 credits in nutrition core courses. PUBH 2142 does not count toward the General Education Requirement, but it does count as a nutrition core course.

| Code | Title | Credits |
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Concentration requirement

30 credits in concentration-specific courses.

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| BISC 1112 | Introductory Biology: The Biology of Organisms |
| CHEM 1111 | General Chemistry I |
| CHEM 1112 | General Chemistry II |
| CHEM 2151 | Organic Chemistry I |
| CHEM 2153 | Organic Chemistry Laboratory I |
| CHEM 2152 | Organic Chemistry II |
| CHEM 2154 | Organic Chemistry Laboratory II |
| BISC 3165 | Biochemistry I |
| or CHEM 3165 | Biochemistry I |

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| EXNS 4199 | Advanced Topics in Exercise and Nutrition Sciences (only in topic Metabolism in Exercise Science) |
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| BISC 2336 | Introductory Microbiology |
| BISC 2337 | Introductory Microbiology Laboratory |

| Code | Title | Credits |
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Electives

30 credits in elective courses, including 12 credits in nutrition guided electives, selected in consultation with the advisor, and 18 credits in general elective courses. See the list of pre-approved guided electives for the BS in nutrition program requirements page. **

No more than 3 credits in Lifestyle, Sport, and Physical Activity (LSPA) courses may be counted toward the 120 credits required for the bachelor's degree. LSPA courses count as general electives.

**See list of pre-approved guided electives (<http://bulletin.gwu.edu/public-health/exercise-science/bs-nutrition/>).