BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE, PRE-ATHLETIC TRAINING/SPORTS MEDICINE CONCENTRATION

Program Director: M. Barberio

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 requirement coursework, 39 credits in core courses, 25 credits in concentration-specific courses, 16 credits in approved guided elective courses, and 18 credits in general elective courses.

Students must maintain a minimum grade-point average of 2.5 in the program's core and University General Education courses with a minimum grade of C- in each course.

Code	Title	Credits
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
Core courses		
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	
EXNS 1103	Professional Foundations in Exercise Science	
EXNS 2116	Exercise and Health Psychology	
EXNS 2119	Introduction to Nutrition Science	
EXNS 2210	Applied Anatomy and Physiology I	
EXNS 2211	Applied Anatomy and Physiology II	
EXNS 3110	Field Experience in Exercise and Nutrition Sciences (taken for 2 credits)	

EXNS 3111W	Exercise and Nutrition Sciences Research Methods
EXNS 3311	Exercise Physiology I
EXNS 3312	Exercise Physiology II
EXNS 3313	Kinesiology
PSYC 1001	General Psychology
PUBH 1010	First-Year Experience in Public Health
PUBH 1101	Introduction to Public Health and Health Services
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 above meet University General Education requirements; however, while required, they do not count toward the required 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 guided elective course.

Code	Title	Credits
Concentration requirements		
Required		
CHEM 1111	General Chemistry I	
EXNS 1113	Medical Terminology	
EXNS 3123W	Psychology of Injury and Rehabilitation	
EXNS 3125	Athletic Training Practicum	
PHYS 1011	General Physics I	
Selective courses		
Two or three courses (6 to 8 credits) selected from the following:		
CHEM 1112	General Chemistry II	
EXNS 2110	Injury Prevention and Control	
EXNS 2121	Orthopedic Taping and Bracing	
EXNS 3117	Injury Assessment	
EXNS 3328	Scientific Principles of Strength and Conditioning	
EXNS 4103	Training and Conditioning Program Design and Application I	
PHYS 1012	General Physics II	
Electives		
34 credits in elective courses, including 16 to 18 credits in guided electives selected in consultation with the advisor and 18 credits in general electives. **		

Note: No more than 3 credits in Lifestyle, Sport, and Physical Activity (LSPA) courses may count toward the 124 credits required for the bachelor's degree.

The list of preapproved guided electives is available on the BS with a major in exercise science program (http://bulletin.gwu.edu/public-health/exercise-science/bs/#requirementstext) page.