

MASTER OF SCIENCE IN THE FIELD OF EXERCISE SCIENCE

The MS in exercise science provides graduate-level academic instruction in the science, theory, and application of exercise science. The program prepares students to apply their learning to improving human health, athletic performance, and the prevention of inactivity-related chronic health conditions and disorders. Students are rigorously trained in the methodology of exercise research and innovative thinking to advance knowledge that can be translated into real-world health applications.

ADMISSIONS

Visit the Milken Institute School of Public Health website (<https://publichealth.gwu.edu/>) for additional information about academic programs and information about GWSPH. Graduate admissions information, including application requirements and deadlines, can be found on the GWSPH Graduate Admissions website (<https://publichealth.gwu.edu/admissions/graduate-admissions/>)

REQUIREMENTS

The following requirements must be fulfilled: 17 credits in core course, 13 to 16 credits in elective courses, and a 3- to 6-credit culminating experience. Two options are offered for the culminating experience: A 6-credit mentored thesis seminar and project, or a 3- to 6-credit internship and successful completion of a written comprehensive exam

Code	Title	Credits
Required		
EXNS 6202	Advanced Exercise Physiology I	
EXNS 6203	Advanced Exercise Physiology II	
EXNS 6204	Biostatistical Methods and Research Design	
EXNS 6207	Psychological Aspects of Sport and Exercise	
EXNS 6810	Advanced Metabolism	
EXNS 8108	Laboratory Techniques in Human Physiology	
PUBH 6080	Pathways to Public Health ¹	

Code	Title	Credits
Electives		
13 to 16 credits in elective courses. Examples of pre-approved electives can be found in the program guide available from the School of Public Health. Electives should be selected in consultation with the academic advisor.		
Code	Title	Credits
Culminating Experience		
One of the following options:		
A 6-credit mentored thesis seminar and project.		
EXNS 6998	Thesis Research (taken for a total of 6 credits over two semesters) ²	
or		
A 3 to 6 credit internship and successful completion of a written comprehensive examination.		
EXNS 6233	Graduate Internship ³	

¹PUBH 6080 Pathways to Public Health is a zero-credit, no cost course that must be completed within the first year of matriculation in the program. Students who earned a prior degree from a Council on Education for Public Health (CEPH) accredited school or program of public health can waive this requirement.

²EXNS 6998 Thesis Research is a 3-credit course. Students completing a thesis must register for a total of 6 credits over two semesters. Students completing a thesis can also register for EXNS 6233 Graduate Internship as an elective.

³EXNS 6233 is a variable-credit course. Students must register for a total of 3 credits, which can be completed over multiple semesters. Students can register for a maximum of 6 credits but credits beyond 3 will count toward the elective requirement. Successful completion of a comprehensive examination is required as part of this culminating experience option.