

EXERCISE & NUTRITION SCIENCES



KEY SKILLS

- Analytical
- Assessment & Evaluation
- Attention to Detail
- Communication
- Empathy
- Organizational
- Problem Solving
- Research
- Risk Management
- Strong Decision-Making



CONCENTRATIONS/SPECIALIZATIONS

- Applied Nutrition
- Athletic Training
- Business & Industry
- Clinical Dietetics
- Education & Research
- Global/International
- Molecular Nutrition
- Nutrition & Food Industries/Management
- Nutrition & Wellness
- Public Health Nutrition



SAMPLE DEGREES

- Cognitive Neuroscience (BA)
- Exercise Science (BS, MS)
- Nutrition Science (BS)
- Physical Activity in Public Health (MPH)
- Public Health (BS)
- Public Health Nutrition (MPH)
- Psychology (BA)
- Strength & Conditioning (MS)



SAMPLE OCCUPATIONS

- Coach
- Clinical Dietitian
- Consultant
- Exercise Physiologist
- Food Scientist
- Food Product Developer
- Health Educator
- Personal Trainer
- Quality Control Specialist
- Recreational Therapist
- Rehabilitation & Wellness Director
- Research Dietitian
- School Food Service Director
- Sport Psychologist
- Weight Reduction Specialist



POSSIBLE WORK SETTINGS

- Correctional Institution
- Federal Government
- Food Industry Laboratory
- Food Manufacturer/Processor
- Fitness/Wellness Center
- Health Organization
- Hospital
- Military
- Nursing Home
- Physician's Office
- Rehabilitation Center
- Research Department
- School System
- Social Service Agency
- Spa/Resort
- Stadium/Arena/Sports Team



SAMPLE STUDENT ORGS

- CHAARG
- Food Recovery Network
- Spoon University GW
- Students for One Health
- The GroW Community
- The GWU Pre-Health Association
- The Store



SAMPLE EMPLOYERS

- American Red Cross
- Center on Aging, Health, & Humanities
- Centers for Disease Control & Prevention (CDC)
- Children's National Medical Center
- Community of Hope
- DC Public Schools
- Diabetes Institute at Walter Reed National Military Medical Center
- Evolent Health
- Food and Friends
- GW University Hospital
- Howard University Hospital
- Institute for Food & Development Policy (Food First)
- Mary's Center
- National Institutes of Health
- National Rehabilitation Hospital
- No Kid Hungry
- Pan American Health Organization
- Rudd Center for Food Policy & Obesity
- Save The Children
- The National Institute of Diabetes & Digestive & Kidney Diseases
- UN Food & Agriculture Organization
- Washington Orthopedics & Sports Medicine
- Whitman-Walker Health
- World Health Organization
- Veterans' Administration
- Virginia Hospital Center



PROFESSIONAL ORGS

- American Council on Science & Health
- American Nutrition Association
- International Confederation of Dietetic Associations
- National Alliance for Nutrition & Activity
- National Association of Nutrition Professionals
- National Athletic Trainers Association

