BS in Nutrition & Exercise Physiology
Advising worksheet – Eastern Washington University
for students completing BS NEP prerequisites at an out-of-state community college or any 4-year university other than WSU

Upper division major classes available at WSU Spokane only.
Program starts in Fall semester only.

### BS NEP prerequisites (EWU) | General education reqs not covered by prereqs
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BIOL 232 (Human Anatomy & Physiology) | Written Communication
BIOL 233 (Human Anatomy & Physiology) | Creative and Professional Arts
BIOL 234 (Human Anatomy & Physiology) | Roots of Contemporary Issues
BIOL 235 or 301 (Microbiology) | Diversity
CHEM 151 or 161 (General Chemistry) | Capstone (included in NEP program)
CHEM 152 or 162 (Organic Chemistry) | Junior Writing Portfolio* (can use papers from EWU)
CHEM 153 or 163 (Biochemistry) | 
CMST 200 or 201 (Public Speaking) | 
CSBS 320 or MATH 121 (Statistics) | 
HLED 372 or FNDT 356 (Human Nutrition) | 
PHIL 212 (Ethics) | 
PSYC 100 (Psychology) | 

| Fall semester Juniors (16 credits) | Spring semester Juniors (13 credits) |
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NEP 320 Strength Training & Conditioning (3) | NEP 402 Vitamin & Mineral Metabolism (3)
NEP 340 Foods w/Application to Physical Activity (3) | NEP 427 Nutritional Assessment & Life Counseling [M] (3)
NEP 362 Biomechanical Analysis (3) | NEP 435 Exercise, Diet & Disease (4)
NEP 400 Macronutrient Metabolism (3) | NEP 476 Exercise Testing & Prescription (3)
NEP 463 Exercise Physiology (4) | |

| Fall semester Seniors (13 credits) | Spring semester Seniors (12 credits) |
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NEP 458 Nutrition & Exercise throughout Lifecycle (3) | MGMT 301 Principles of Mgmt & Organization (3)
NEP 478 ECG, Medications & Procedures (3) | NEP 480 Cardiopulmonary Rehabilitation (4)
NEP 479 Nutrition & Exercise Practicum I (3) | NEP 482 Nutrition & Exercise Practicum II (2)
NEP 489 Exercise Internship Seminar (1) | NEP 495 Interprofessional Capstone in Nutrition & Exercise Physiology [CAPS] [M] (3)
Elective (3) | |

| Summer term Seniors (10 credits) | (64 total credits in NEP courses) |
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NEP 490 Exercise Internship (10) | |

*Writing Portfolio includes 3 papers saved from previous classes and a timed writing completed at WSU.
https://spokane.wsu.edu/studentaffairs/academic-assistance/jr-writing-portfolio/

Last updated 6/2017: jw