

BS in Nutrition & Exercise Physiology
Advising worksheet – Lower Columbia College
for students completing AA-Direct Transfer Degree and BS NEP prerequisites at a Washington Community College

Upper division major classes available at WSU Spokane only.

Program starts in Fall semester only.

BS NEP prerequisites (LCC)	WSU requirements not covered by DTA
BIOL 160 (General Biology)	Capstone course (included in NEP program)
BIOL 260 (Microbiology)	Junior Writing Portfolio* (can use papers from Clark)
BIOL 241 (Human Anatomy & Physiology)	
BIOL 242 (Human Anatomy & Physiology)	
CHEM 121 (General Chemistry)	
CHEM 131 (Organic Chemistry/Biochemistry)	
SPCH 110 (Public Speaking)	
MATH 210 (Statistics)	
NUTRI 101 (Nutrition)	
PHIL 210 (Ethics)	
PSYC 100 (Psychology)	
Fall semester Juniors (16 credits)	Spring semester Juniors (13 credits)
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)
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)
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/>