BS in Nutrition & Exercise Physiology
Advising worksheet – Cascadia 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.

<table>
<thead>
<tr>
<th>BS NEP prerequisites (Cascadia)</th>
<th>WSU requirements not covered by DTA</th>
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<tbody>
<tr>
<td>BIOL 211 (Cell Biology)</td>
<td>Capstone course (included in NEP program)</td>
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<tr>
<td>BIOL 260 (Microbiology)</td>
<td>Junior Writing Portfolio* (can use papers from Cascadia)</td>
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<tr>
<td>BIOL 241 (Human Anatomy &amp; Physiology)</td>
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<td>BIOL 242 (Human Anatomy &amp; Physiology)</td>
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<td>CHEM 121 (General Chemistry)</td>
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<td>CHEM 131 (Organic Chemistry/Biochemistry)</td>
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<td>CMST 220 (Public Speaking)</td>
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<td>MATH 146 (Statistics)</td>
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<td>NUTRI 101 (Nutrition)</td>
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<td>PHIL 102 or 242 (Ethics or Biomedical Ethics)</td>
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<td>PSYC 100 (Psychology)</td>
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**Fall semester Juniors (16 credits)**
- NEP 320 Strength Training & Conditioning (3) 
- NEP 340 Foods w/Application to Physical Activity (3)
- NEP 362 Biomechanical Analysis (3)
- NEP 400 Macronutrient Metabolism (3)
- NEP 463 Exercise Physiology (4)

**Spring semester Juniors (13 credits)**
- NEP 402 Vitamin & Mineral Metabolism (3)
- NEP 427 Nutritional Assessment & Life Counseling [M] (3)
- NEP 435 Exercise, Diet & Disease (4)
- NEP 476 Exercise Testing & Prescription (3)
- NEP 479 Nutrition & Exercise Practicum I (3)

**Fall semester Seniors (13 credits)**
- NEP 458 Nutrition & Exercise throughout Lifecycle (3)
- NEP 478 ECG, Medications & Procedures (3)
- NEP 479 Nutrition & Exercise Practicum I (3)
- NEP 489 Exercise Internship Seminar (1)
- Elective (3)

**Spring semester Seniors (12 credits)**
- MGMT 301 Principles of Mgmt & Organization (3)
- NEP 480 Cardiopulmonary Rehabilitation (4)
- NEP 482 Nutrition & Exercise Practicum II (2)
- NEP 495 Interprofessional Capstone in Nutrition & Exercise Physiology [CAPS] [M] (3)
- NEP 490 Exercise Internship (10)

**Summer term Seniors (10 credits)**
- (64 total credits in NEP courses)

*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/](https://spokane.wsu.edu/studentaffairs/academic-assistance/jr-writing-portfolio/)

Last updated 11/2017: jw