**BS in Nutrition & Exercise Physiology**

Advising worksheet – **North Seattle College**

for students completing AA-Direct Transfer Degree and BS NEP prerequisites at a Washington Community College

Application to WSU and supplemental application to NEP program due in January.

Program starts in Fall semester only.

<table>
<thead>
<tr>
<th>BS NEP prerequisites</th>
<th>WSU requirements not covered by DTA</th>
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<tbody>
<tr>
<td>BIOL 160 (General Biology)</td>
<td>Capstone course (included in NEP)</td>
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<tr>
<td>BIOL 260 (Microbiology)</td>
<td>Junior Writing Portfolio*</td>
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<tr>
<td>BIOL 241 (Anatomy &amp; Physiology)</td>
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<td>BIOL 242 (Anatomy &amp; Physiology)</td>
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<td>CHEM 121 (General Chemistry)</td>
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<td>CHEM 131 (Organic Chem/Biochem)</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>PSYC 100 (Psychology)</td>
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**Fall semester Juniors (16 credits)**

- NEP 320 Strength & Conditioning (3)
- NEP 340 Foods (3)
- NEP 362 Biomechanics (3)
- NEP 400 Macro Metabolism (3)
- NEP 463 Exercise Physiology (4)

**Spring semester Juniors (13 credits)**

- NEP 402 Vit & Mineral Metabolism (3)
- NEP 427 Nutritional Assessment [M] (3)
- NEP 435 Exercise, Diet & Disease (4)
- NEP 476 Exercise Testing & Rx (3)

**Summer term Juniors**

- Have fun!
- Rest!
- Earn $$!

**Fall semester Seniors (13 credits)**

- NEP 458 Nutrition Lifecycle (3)
- NEP 478 ECG (3)
- NEP 479 Practicum I (3)
- NEP 489 Exer Internship Seminar (1)
- Elective (3)

**Spring semester Seniors (12 credits)**

- MGMT 301 Principles of Mgmt (3)
- NEP 480 Cardiac Rehabilitation (4)
- NEP 482 Practicum II (2)
- NEP 495 NEP Capstone [CAPS] [M] (3)

**Sum term Seniors (10 credits)**

- NEP 490 Exercise Internship (10)
- NEP 495 NEP Capstone [CAPS] [M] (3)

- (64 total credits)

*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 1/2018: jw