

BS in Nutrition & Exercise Physiology

Advising worksheet – **Yakima Valley 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.

BS NEP prerequisites	WSU requirements not covered by DTA	
BIOL 160 (General Biology)	Capstone course (included in NEP)	
BIOL 241 (Anatomy & Physiology)	Junior Writing Portfolio*	
BIOL 242 (Anatomy & Physiology)		
BIOL 260 (Microbiology)		
CHEM 109 (General Chemistry)		
CHEM 209 (Organic Chem/Biochem)		
CMST 220 (Public Speaking)		
MATH 146 (Statistics)		
NUTRI 101 (Nutrition)		
PHIL 215 (Ethics)		
PSYC 100 (Psychology)		
Fall semester Juniors (16 credits)	Spring semester Juniors (13 credits)	Summer term Juniors
NEP 320 Strength & Conditioning (3)	NEP 402 Vit & Mineral Metabolism (3)	Have fun!
NEP 340 Foods (3)	NEP 427 Nutritional Assessment [M] (3)	Rest!
NEP 362 Biomechanics (3)	NEP 435 Exercise, Diet & Disease (4)	Earn \$\$!
NEP 400 Macro Metabolism (3)	NEP 476 Exercise Testing & Rx (3)	
NEP 463 Exercise Physiology (4)		
Fall semester Seniors (13 credits)	Spring semester Seniors (12 credits)	Sum term Seniors (10 credits)
NEP 458 Nutrition Lifecycle (3)	MGMT 301 Principles of Mgmt (3)	NEP 490 Exercise Internship (10)
NEP 478 ECG (3)	NEP 480 Cardiac Rehabilitation (4)	
NEP 479 Practicum I (3)	NEP 482 Practicum II (2)	
NEP 489 Exer Internship Seminar (1)	NEP 495 NEP Capstone [CAPS] [M] (3)	
Elective (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/>