

WSU NUTRITION AND EXERCISE PHYSIOLOGY PLAN 2016-17 (BS in NEP)

Name _____ SID _____ Date _____ Counselor _____

¹When examples (EX) are used, students may choose **ANY COURSE** from that area of **AA-DTA WORKSHEET**. See entire selection on the AA-DTA worksheet attached.

² only 5 cr. required for “W” (writing intensive)

³5cr of “D” Diversity is required. Other options are available. CMST 227 also meets a Humanities requirement.

⁴Only offered this quarter

With careful planning and coordination with your college Counselor, the completion of your AA-DTA, allows you to pursue your Bachelor’s Degree at a four-year college or university, having completed most if not all of the general university requirements, along with many courses toward your major

Summer _____ Fall _____ Winter _____ Spring _____

	ENGL& 101	CMST& 220	PSYC& 100
	PHIL 110	MATH 96 or 87 (if needed)	MATH 88 or 99 (if needed)
	HLTH 174	BIOL& 160	BIOL& 241
	PE 139	PE 239	HED 125 Med Term - needed??

Summer _____ Fall _____ Winter _____ Spring _____

BIOL& 242	MATH& 146	SOCIAL SCIENCE GROUP A or B EX: SOC& 101¹	CMST 227 “D”
HUMANITIES “W” ² GROUP A, B OR C EX: ENGL& 111¹	NUTRI 251	SOCIAL SCIENCE GROUP B “W” ² EX: HIST&219¹	BIOL& 260
	CHEM& 121	CHEM& 122⁴	CHEM& 123⁴

Summer _____ Fall _____ Winter _____ Spring _____

Circle where you tested then take that class followed by the next class/es in the sequence:

Math Sequence: Math 91+92 or 96→ 99 or 87→ 88

College level course: Math& 146

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BS in Nutrition & Exercise Physiology Advising worksheet – **WA Community Colleges** **Spokane Falls Community College and Spokane Community 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.
Application to WSU and supplemental application to NEP program due in January.
Program starts in Fall semester only.

BS NEP prerequisites (SFCC and SCC)	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 SFCC or SCC)
BIOL 241 (Human Anatomy & Physiology)	
BIOL 242 (Human Anatomy & Physiology)	
CHEM 121 (General Chemistry)	
CHEM 122 (Organic Chemistry)	
CHEM 123 (Biochemistry)	
CMST 220 (Public Speaking)	
MATH 146 (Statistics)	
NUTRI 251 (Human Nutrition)	
PHIL 110 or 210 (Ethics)	
PSYCH 100 (Psychology)	
Fall semester Juniors (16 credits)	Spring semester Juniors (13 credits)
NEP 320 Strength Training & Conditioning (3 credits)	NEP 402 Vitamin & Mineral Metabolism (3)
NEP 340 Foods w/Application to Physical Activity (3)	NEP 427 Nutritional Assessment & Life Counseling (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 (13 credits)
NEP 458 Nutrition & Exercise throughout Lifecycle (3)	MMGT 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 (3)
NEP 489 Exercise Internship Seminar (1)	NEP Elective or NEP 499 Special Problems (3)
[CAPS] Capstone course (3)	
Summer term Seniors (10 credits)	(65 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/>