

Advising Worksheet – Community College Transfer
 Washington State University Spokane | Nutrition and Exercise Metabolism – College of Pharmacy
Bachelor of Science in Exercise Physiology and Metabolism
(Upper Division Major available at WSU Spokane only)

To prepare for the upper division Exercise Physiology and Metabolism (ExMet) degree, students should be grounded in subject matter from biology, chemistry, anatomy, physiology, and nutrition. The following Program of Study is recommended for students who complete Years 1 and 2 at Spokane Falls Community College/Spokane Community College and Years 3, 4, and/or 5 at WSU Spokane.

All students must successfully complete the: **1)** community college Associate degree (Years 1 and 2); **2)** specific courses (see below) required prior to enrolling in Year 3 at WSU Spokane; **3)** coursework for Years 3 and 4 shown below; **4)** WSU General Education Requirements (GER); and **5)** a semester-long ExMet internship done after all other ExMet coursework is successfully completed.

Years One and Two @ Spokane Falls Community College/Spokane Community College							
The following courses must be included in the Associate degree as preparation for upper division ExMet courses at WSU Spokane:							
BIOL& 160 General Biology	CHEM 121 General Chemistry	PSYC& 100 Psychology					
BIOL& 260 Microbiology	CHEM 122 Organic Chemistry	MATH 221 Statistics					
BIOL& 241 AND BIOL& 242 Anatomy & Physiology	CHEM 123 Biochemistry	PHIL 210 Ethics					
NUTR 251 Nutrition							
In addition, the student must complete the following General Education Requirements prior to enrolling in Year 3 at WSU Spokane: General Education Requirements (GER) dictated by WSU (some completed at the community college-- consult with your community college Transfer Advisor for specific courses). Exceptions are the following GER courses required by WSU that will be taken at WSU Spokane in Years 3 and 4 of the curriculum below: a) two Writing in the Major [M] courses; and b) Tier III# Capstone course [T].							
Summer Semester @ WSU Spokane (Between years two and three)							
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>				
ExMet 320 Strength Training and Conditioning	_____	_____	4				
Fall Semester	Year Three @ WSU Spokane			Spring Semester			
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>	<i>Grade</i>	<i>Year</i>	<i>Credit</i>	
ExSci 463 Adv. Exercise Physiology	_____	_____	4	ExMet 470 Sport Nutrition	_____	_____	3
ExMet 300 Professional Preparation	_____	_____	2	ExMet 465 Nutrition & Exerc. Assess. [M]	_____	_____	3
ExMet 400 Macronutrient Metabolism [M]	_____	_____	3	ExMet 435 Exercise, Diet and Disease	_____	_____	4
ExMet 340 Foods w/ Appl. Phys. Activity	_____	_____	3	ExSci 476 Exercise Testing/Prescription	_____	_____	3
ExMet 427 Nutr.Assessment/Life.Couns.	_____	_____	3	ExMet 402 Vitamins and Minerals	_____	_____	2
			15	Completion of writing portfolio: Writing in major courses [M]			15
Fall Semester	Year Four @ WSU Spokane			Spring Semester			
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>	<i>Grade</i>	<i>Year</i>	<i>Credit</i>	
ExMet 458 Ex & Nutrition through Lifespan	_____	_____	4	ExMet 450 Management & Facilities	_____	_____	3
ExMet 479 Nutrition & Exerc. Practicum	_____	_____	3	ExMet 479 Nutrition & Exerc. Practicum II	_____	_____	3
ExMet 478 ECG, Meds, and Procedures	_____	_____	3	Capstone Course [T] # (Tier III GER)	_____	_____	3
ExMet 473 Nutrition in the Community	_____	_____	2	ExMet 480 Cardiopulmonary Rehab	_____	_____	4
ENGL 402 Technical Writing [W]	_____	_____	3	ExMet 362 Biomechanical Analysis	_____	_____	3
			15	Completion of GERs			16
Year Four (Summer Semester) or Year Five (Fall Semester) Summer or Semester-Long Internship							
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>				
ExMet 490 Internship	_____	_____	10				

Total Program Credits, BS Exercise Physiology and Metabolism = 137

Fall Semester	Year Five @ WSU Spokane			Spring Semester			
BS Exercise Physiology and Metabolism * Minor: Coordinated Program in Dietetics							
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>	<i>Grade</i>	<i>Year</i>	<i>Credit</i>	
ExMet 451 Mgmt Practices in Food Service	_____	_____	5	ExMet 440 Clinical Supervised Practice	_____	_____	11
ExMet 437 Diet Therapy	_____	_____	4				11
ExMet 401 Community Supervised Practice	_____	_____	9				
			18				

Total Credits, BS Exercise Physiology and Metabolism Minor: Coordinated Program in Dietetics = 29

¹# **Required Choice Course** and **Tier III Capstone Course**. See advisor for available courses. **Note:** Either the Required Choice Course¹ or Tier III Capstone Course # must be a designated "Diversity" [D] course.