

**Advising Worksheet – for transfer from Washington State University Pullman**  
**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 WSU Pullman and Years 3, 4, and/or 5 at WSU Spokane.

**All students** must successfully: **1)** complete the required coursework shown below; **2)** meet all WSU Writing and General Education Requirements (GERs) incorporated in the coursework below; and **3)** do a semester-long ExMet internship after all other ExMet coursework is successfully completed.

Fall Semester				Year One @ WSU Pullman			Spring Semester				
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>
Engl 101 [W] (GER)	_____	_____	3	Psych 105 Intro. Psychology [S, K] (GER)	_____	_____	3		_____	_____	3
GenEd 110 [A] (GER)	_____	_____	3	GenEd 111 [A] (GER)	_____	_____	3		_____	_____	3
Stats 205 [N] (GER)	_____	_____	3	ComSt 102 Public Speaking [C] (GER)	_____	_____	3		_____	_____	3
Chem 105 Prin. of Chem I [P](GER)	_____	_____	4	Chem 106 Prin. of Chem. II [P] (GER)	_____	_____	4		_____	_____	4
Biol 102 Gen. Biology [B] (GER)	_____	_____	4	MvtSt 262 <u>OR</u> Biol 315 Human Anatomy	_____	_____	4		_____	_____	4
			17				17				17
Fall Semester				Year Two @ WSU Pullman			Spring Semester				
	<i>Grade</i>	<i>Year</i>	<i>Credit</i>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>
Phil 260 Intro. to Ethics [H] (GER)	_____	_____	3	Required Choice Course <sup>1</sup> [H,G,S,K] (GER)	_____	_____	3		_____	_____	3
Intercultural [I, G, K] (GER)	_____	_____	3	MBioS 303 Intro. to Biochemistry	_____	_____	4		_____	_____	4
Chem 345 Organic Chemistry I	_____	_____	4	FSHN 233 Human Nutrition	_____	_____	3		_____	_____	3
Biol 251 Intro. Human Physiology	_____	_____	4	MBioS 101 Intro. Microbiology [B] (GER)	_____	_____	4		_____	_____	4
			14				14				14
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>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>
ExSci 463 Adv. Exercise Physiology	_____	_____	4	ExMet 470 Sport Nutrition	_____	_____	3		_____	_____	3
ExMet 300 Professional Preparation	_____	_____	2	ExMet 465 Nutrition & Exerc. Assess. [M]	_____	_____	3		_____	_____	3
ExMet 400 Macronutrient Metabolism [M]	_____	_____	3	ExMet 435 Exercise, Diet and Disease	_____	_____	4		_____	_____	4
ExMet 340 Foods w/ Appl. Phys. Activity	_____	_____	3	ExSci 476 Exercise Testing/Prescription	_____	_____	3		_____	_____	3
ExMet 427 Nutr.Assessment/Life.Couns.	_____	_____	3	ExMet 402 Vitamins and Minerals	_____	_____	2		_____	_____	2
			15	Completion of writing portfolio: Writing in major courses [M]	_____	_____	15		_____	_____	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>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>
ExMet 458 Ex & Nutrition through Lifespan	_____	_____	4	ExMet 450 Management & Facilities	_____	_____	3		_____	_____	3
ExMet 479 Nutrition & Exerc. Practicum	_____	_____	3	ExMet 479 Nutrition & Exerc. Practicum II	_____	_____	3		_____	_____	3
ExMet 478 ECG, Meds, and Procedures	_____	_____	3	Capstone Course [ T ] # (Tier III GER)	_____	_____	3		_____	_____	3
ExMet 473 Nutrition in the Community	_____	_____	2	ExMet 480 Cardiopulmonary Rehab	_____	_____	4		_____	_____	4
ENGL 402 Technical Writing [W]	_____	_____	3	ExMet 362 Biomechanical Analysis	_____	_____	3		_____	_____	3
			15	Completion of GERs	_____	_____	16		_____	_____	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>		<i>Grade</i>	<i>Year</i>	<i>Credit</i>
ExMet 451 Mgmt Practices in Food Service	_____	_____	5	ExMet 440 Clinical Supervised Practice	_____	_____	11		_____	_____	11
ExMet 437 Diet Therapy	_____	_____	4								
ExMet 401 Community Supervised Practice	_____	_____	9								
			18								

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

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