

# Pre-Nutrition and Exercise Physiology Prerequisites Guide

This guide contains common requirements for the pre-Nutrition and Exercise Physiology (NEP) program at WSU. The program is designed to have the first two years (four semesters) at the Pullman campus. Students can then apply to the [WSU NEP program \(Bachelor of Science in NEP\)](#) or another institution's program. If applying to other institutions, please review their website to determine their specific requirements for admission. **Bolded courses are prerequisites for WSU NEP program.**

## Course Curriculum at WSU

### Semester 1

- **Introduction to Chemistry (CHEM 101) or Principles of Chemistry (CHEM 105)**
- **Introduction to Statistical Methods (STAT 212)**
- **Biology Courses (select one course)**
  - **Introductory Biology: Organismal Biology (BIOLOGY 106)**
  - **Introductory Biology: Cell Biology and Genetics (BIOLOGY 107)**
- UCORE WRTG (ENGLISH 101) or ROOT (HISTORY 105)
- UCORE Requirement (complete three of four UCORE designations: ARTS, DIVR, EQJS, HUM)

### Semester 2

- **Chemistry Related to Life Sciences (CHEM 102) or Principles of Chemistry II (CHEM 106)**
- **Introductory Psychology (PSYCH 105)**
- **Biology Courses (select course not completed during first semester)**
  - **Introductory Biology: Organismal Biology (BIOLOGY 106)**
  - **Introductory Biology: Cell Biology and Genetics (BIOLOGY 107)**
- UCORE WRTG (ENGLISH 101) or ROOT (HISTORY 105) – whichever not taken first semester
- UCORE Requirement (complete three of four UCORE designations: ARTS, DIVR, EQJS, HUM)



### Semester 3

- **Anatomy (select one course)**
  - **Human Anatomy (KINES 262)**
  - **Gross and Microanatomy (BIOLOGY 315)**
- **Organic Chemistry I (CHEM 345)**
- **Human Nutrition and Health (BIOLOGY 333)**
- General Physics (PHYSICS 101) with lab (PHYSICS 111) - if needed\*
- UCORE Requirement (complete three of four UCORE designations: ARTS, DIVR, EQJS, HUM)

### Semester 4

- **Physiology (select one course)**
  - **Introductory Human Physiology (BIOLOGY 251)**
  - **Advanced Human Physiology (BIOLOGY 353)**
- **Introductory Biochemistry (MBIOS 303)**
- **General Microbiology (MBIOS 305)**
- General Physics (PHYSICS 102) with lab (PHYSICS 112) - if needed\*
- UCORE Requirement (complete three of four UCORE designations: ARTS, DIVR, EQJS, HUM)
- [University Writing Portfolio](#) (must be completed by first year in NEP program)

## Other Common Program Requirements

In addition to the prerequisite courses listed above, the NEP program requires additional requirements for applying to their program. If applying to a program at another institution, it is important to check the institution's website for specifics on their program requirements and to ensure you meet or exceed these requirements.

For the NEP program at Washington State University, the following requirements are used to holistically determine admissions:

- Cumulative GPA of **2.7** or higher
- Completion of **prerequisite courses** with at least a C grade/2.0 GPA in each course and a cumulative prerequisite GPA of 3.0. (Grades below a C are not accepted.)

\*Physics courses are required for many pre-health professions (e.g., pre-med). These courses are NOT required for admission to NEP but should be taken if a student is undecided on their pre-health professions track.



- Application
  - WSU students only need to apply to the NEP program with the following items:
    - Resume
      - List work experience, extracurricular/volunteer activities, leadership experience, and honors (as applicable).
        - Include paid work experience beginning with the most recent experience. Indicate type of work, length of time, and general responsibilities.
        - List activities such as sports, music, job-shadowing, volunteer work, student clubs, and/or leadership positions held.
        - List of scholarships and honors (e.g., Dean's List) received. Specify year awarded.
    - Personal Statement
      - Please provide a 250- to 500-word statement of purpose that introduces yourself and your reasons for applying to the WSU BS NEP degree.
        - Discuss your short- and long-range professional goals, as well as the characteristics/aptitudes that you feel will make you an effective nutrition and exercise physiology professional.
        - Feel free to include other pertinent information that you want to share within the word limit. This may include your experience as a student athlete, personal exercise and diet habits, volunteer experience, having a mentor in the profession, long-standing interest in exercise and/or nutrition, etc.
    - Letter of Recommendation
      - One letter from a professor or lab teaching assistant is required. This should speak to your academic strengths and skills and preferably be from one of the BS NEP prerequisite science courses.
      - You may also choose to include a letter from a work or volunteer supervisor that speaks to your experience, work ethic, and professional skills.

## Application Timeline

Individuals interested in applying for the Fall semester cohort should apply by March 1<sup>st</sup> (priority deadline).

\*Physics courses are required for many pre-health professions (e.g., pre-med). These courses are NOT required for admission to NEP but should be taken if a student is undecided on their pre-health professions track.