

B.S. Public Health & MPH

3+1 Program

Academic Planning Worksheet 2023-2024

Simmons University

Office of Undergraduate Advising

Notes

- Students are required to complete 64 credit hours- 13 core courses, 2 electives and 1 capstone in the first 3 years. The 4th year and a semester (15 month) will include the MPH Core Courses, Immersion Courses, Electives and Health Equity Change Project

Public Health Undergraduate Core Requirements (Years 1-3)

3+1 Public Health Majors will complete the undergraduate core of the following courses.

Course #	Course Title	Credits	Completed
BIOL 113/ 115*	General Biology/Advanced General Biology	4	
BIOL 104	Introduction to Environmental Science (Spring)	4	
BIOL 221	Microbiology (Spring) (KCA- Science Inquiry)	4	
CHEM 101*	Chemical Determinants of Health**	4	
COMM 312	Health Communications (Spring) (KCA- Global Cultural)	4	
PH 101*	Introduction to Public Health	4	
PH 201	Introduction to Epidemiology	4	
PH 345	Health Care Systems and Policy (Spring)	4	
PH 347	Seminar in Public Health (Fall)	4	
STAT 118 or STAT 227*	Introduction to Statistics or Intermediate Statistics: Design and Analysis	4	
SOCI 241*	Health, Illness, and Society (KCA-Social Historical)	4	
SOCI 245*	Global Health (KCA- Global Cultural)	4	
BIOL 246 or SOCI 239	Foundations of Exercise and Health (Spring) Introduction to Social Research	4	

*It is strongly recommended to complete these courses by the end of second year. If this is not possible, please consult with your advisor(s).

****Students should take CHEM 101 to satisfy the chemistry requirement. However, if students have already taken CHEM 110, CHEM 111, or CHEM 112 previously, they may substitute that course for CHEM 101.

Capstone

Public Health seniors will complete their capstone requirement by taking the Public Health Senior Seminar (PH 347) in the fall semester, plus will undertake a one-semester senior internship in the spring semester, a one-semester research experience in the spring semester, or a two-semester thesis across the entire senior year. All students will make a poster presentation and submit an internship paper, research paper, or research thesis as the final products of their capstone experience. Arrangements for satisfying the capstone requirement must be made with the student's public health advisor before the end of the Sophomore year.

Course Selected	Credits	Completed
	4	

For students doing internships

PH 370 Internship Seminar (Spring)

For students doing interdependent research

PH 350 -Independent Study (Spring)

For students doing a thesis

PH 350 -Independent Study (Fall) & PH 355- Thesis (Spring)

MPH Core Courses (Year 4 and as a Semester) Requirements

***Note:** The MPH accelerated program takes place over 15 months. Complete the following courses.

Course #	Course Title	Credits	Completed
MHEO410	Health Equity & Social Justice	3	
MHEO415	Epidemiology	3	
MHEO420	Socio-Structural Determinants of Health	3	
MHEO425	Biostatistics	3	
MHEO435	Community-Based Research for Health Equity	3	
MHEO440	Health Policy Analysis & Change	3	
MHEO445	Public Health Leadership & Management	3	
MHEO450	Environmental Health & Justice	3	
MHEO465	Health Advocacy, Community Organizing & Innovation	3	
MHEO470	Global Health & Political Economy	3	

MPH Immersion Courses & Electives

Complete the following courses (9 credits)

Course #	Course Title	Credits	Completed
MHEO430	Boston Immersion: Racism, Oppression & Health	1	
MHEO461	Arizona Immersion: Immigration, Health, and Restoration in the Borderlands	2	
	Elective	3	
	Elective	3	

MPH Health Equity Change Project Courses

Complete the following courses (6 credits)

Course #	Course Title	Credits	Completed
MHEO47*	Public Health Project Planning I & II	2	
MHEO475	Health Equity Change Project I	2	
MHEO476	Health Equity Change Project II	2	

Undergraduate Electives

Students must choose and complete two additional elective courses (8 credits) from the list below.

Course #	Course Title	Credits	Completed
		4	
		4	

- AST 232 Race, Gender, and Health
- AST 365 Intimate Family Violence
- BIOL 245 Ecology
- BIOL 338 Microbial Pathogenesis
- BIOL 347 Human Development and Genetics
- BUS 234 Organizational Communication & Behavior
- CHEM 327 Energy and Global Warming
- IT 225 Health Informatics
- NUTR 237 The Practice of Community Nutrition
- PHIL 131 Biomedical Ethics
- POLS 217 American Public Policy
- POLS 212 Politics Unplugged
- PSYC 232 Health Psychology

- SOCI 210 Body Politics
- SOCI 220 Working for Social Justice
- SOCI 275 Birth and Death
- SOCI 285 Drugs and Society
- SOCI 321 Sociology of Food
- SOCI 339 Community Research
- STAT 227 Intermediate Statistics: Design & Analysis
- STAT 229 Regression Models

PLAN Requirements

The Simmons PLAN is the undergraduate general education program. Some PLAN courses will be fulfilled with courses required for this major, as indicated below. Additional PLAN requirements may be fulfilled through electives, courses in minors, or other course offerings. Work closely with your advisor(s) to choose courses.

Year/ Semester	PLAN Course Requirements	Completed	
One/ Summer	Math: 1) Prior to first year, pass Math Placement Exam or 2) In first year, enroll in MATH 101 (4 credits)		
One/ Fall	BOS 101: The Boston Course (4 credits)		
	SIM 101: The Simmons Course: Explore (2 credits)		
One/ Spring	LDR 101: The Leadership Course (4 credits)		
Two	Integrative Learning Course (4 credits)		
	SIM 201: The Simmons Course: Experience (1 credit)		
Three	SIM 301: The Simmons Course: Excel (1 credit)		
Other PLAN Requirements		Courses Used to Fulfill	Completed
Language: (8 credits) Successful completion of the 102 level in any modern language or the equivalent determined through approved channels as outlined below. <ul style="list-style-type: none"> ● Complete the 102 level in any modern language at Simmons University or another accredited academic institution with pre-approval from the Department of Modern Languages and Literatures. ● Place above the 102 level on the placement exam administered by Simmons University. ● Received a 3 or above on an AP modern language exam. If students have taken or wish to take other equivalent exams, they should consult with the MLL Department. 			
Quantitative Literacy (QL)		STAT 118/STAT 227	
Key Content Areas (KCAs): May be met by major, minor or Integrative Learning courses.	Aesthetic, Literary and Artistic (ALA)		
	Global Cultural (GC)	SOCI 245	
	Scientific Inquiry (SCI)	BIOL 113	
	Social and Historical (SH)	SOCI 241	

Department Contact

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