

Notes

- Simmons exercise science students with an overall minimum GPA of 3.3 may apply for the Nutrition and Health Promotion graduate program at the end of their first semester junior year (deadline: February 15). Application to this program is directed to the College of Natural, Behavioral, and Health Sciences. Both the application fee and the GRE requirement will be waived.
- Working with an advisor, a student will take SNHS 410 Research Methods and SNHS 450 The Health Care System: Interdisciplinary Perspectives, during the fall and spring semester of the senior year.
- In order for an accepted student to continue with the program after senior year (UG), they must meet the following academic standards during senior year. The student must:
 - Have maintained satisfactory academic progress in coursework through the Spring semester of senior year and attained a final undergraduate minimum GPA of 3.3 upon graduation (including spring semester grades).
 - Have met the MS in Nutrition and Health Promotion requirement of attaining a minimum of a B in each of the graduate courses taken as part of the program during senior year.
- All majors must have CPR and First Aid Certifications by March 1 of the senior year.

Core Requirements

Combined requirements for the B.S. in Exercise Science major and M.S. in Nutrition and Health Promotion.

Course #	Course Title	Credits	Complete
First Year			
BIOL 113/ 115	General Biology or Advanced General Biology (prereq for BIOL 246)	4	
CHEM 111/ 113/ 115	Principles of General Chemistry, General Chemistry I, or Intensive General Chemistry (prereq for BIOL 231)	4	
CHEM 112	Introductory Chemistry: Organic (prereq for BIOL 231)	4	
MATH 118 (or MATH 227 or 229)	Introductory Statistics (prereq for BIOL 246)	4	
First Year or Sophomore Year			
EXSC 100*	Introduction to Exercise Science (Spring)	2	
EXSC 150*	Resistance Training: Form to Function (Spring)	2	
Sophomore Year			
BIOL 231	Anatomy and Physiology I	4	
BIOL 232	Anatomy and Physiology II	4	
BIOL 246	Foundations in Exercise and Health	4	
NUTR 112	Introduction to Nutrition Science	4	
PSYC 101	Introduction to Psychological Science	4	
Junior Year			
BIOL 332	Exercise Physiology (prereq for SNHS 361)	4	
CHEM 223	Principles of Biochemistry	4	
NUTR 237	Practice in Community Nutrition	4	
PSYC 232	Health Psychology	4	
EXSC 361	Exercise Assessment and Prescription	4	
Apply for the MS program by February 15			
First Aid Certification—offered during EXSC 361 lab, at cost			
Senior Year			
CPR with AED training at Healthcare Provider level, by March 1 of senior year			
BIOL 362	Kinesiology	4	
PHYS 110**	Introductory Physics	4	
SNHS 410	Research Methods	3	
SNHS 450	Health Care Systems: Interdisciplinary Perspectives	3	

*required for class of 2023+; Counts as .5 ExSci elective for classes of 2020-2023

**optional for class of 2023+

Capstone

Complete 8 credit hours during senior year to fulfill the Capstone Requirement in BIOL 370- Internship.

Course #	Course Title	Credits	Complete
BIOL 370-02	Internship, Exercise Science section	4	
BIOL 370-02	Internship, Exercise Science section	4	

Exercise Science Electives

Complete TWO^ Exercise Science electives, one of which is satisfied by Nutrition requirement.

Course Selected	Credits	Complete
CHEM 223 Introduction to Biochemistry	4	
	4	

^Class of 2023+ only need ONE elective from the list

AST/ SOCI/ WGST 232	Race, Gender & Health
BIOL 221 and 221L	Microbiology and Lab
EXSC 233	Strength and Conditioning
MCHPS BEH 405A	Mind-Body Medicine
NUTR 110	Sociocultural Implications of Nutrition
NUTR 215	Sports Nutrition
NUTR 360	Lifestyle Rx
NUTR 311	Nutrient Metabolism (prereq: CHEM 223)
PHYS 111 ^^	Introduction to Physics II and Lab
SOCI 241	Health, Illness and Society
SOCI 345	Health Care Systems and Policy (prereq: SOCI 101)
SOCI 266	Sociology of Sports

^^PHYS 110 counts as elective instead of PHYS 111 for Class of 2023+

PLAN Requirements

Year	Semester	Course Title	Credits	Complete
One	Fall	BOS 101: The Boston Course	4	
		SIM 101: The Simmons Course: Explore	2	
	Spring	LDR 101: The Leadership Course	4	
Two	Fall or Spring	The Learning Community: Two discipline courses & one integrative seminar	8	
		SIM 201: The Simmons Course: Experience	1	
Three	Fall or Spring	SIM 301: The Simmons Course: Excel	1	
Three & Four	Fall or Spring	3D*– Design Across Diverse Disciplines	12	
Any	Requirements		Course Selected	
	Language: Two semesters in the same language, taken sequentially and strongly encouraged to complete within their first two years.			4
				4
	Quantitative Literacy (QL)			4
	Key Content Areas**	Aesthetic, Literary and Artistic (ALA)		
Global Cultural (GC)			4	
Scientific Inquiry (SCI)			4	

	(KCAs)	Social and Historical (SH)		4	
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***3D**– Design Across Diverse Disciplines– requirement may be met with one course in your major, and two additional courses that may also count as KCAs.

****KCAs** – May be covered by Major, Learning Community and/or 3D courses.

Department Contacts

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