

***Occupational Therapy program admission requirements vary greatly by school. You are encouraged to research the prerequisites for your desired schools. Many schools will expect applicants to take GRE and to complete the following courses. For school-specific requirements, visit school websites or the AOTA Directory at <https://www.aota.org/education/find-a-school>. We recommend majoring in **Exercise Science** if interested in Occupational Therapy

Typical Occupational Therapy School Prerequisite Requirements

Subject	# of Semesters	Simmons Courses to Satisfy Prerequisites
Biology	1	BIO113: General Biology (SCI) Or BIO115: Advanced General Biology (SCI)
Anatomy & Physiology	2	BIOL 231: Anatomy & Physiology I (SCI) BIOL 232: Anatomy & Physiology II (SCI)
***Psychology (Developmental and Abnormal)	2	PSYC 231: Psychopathology and Mental Health PSYC 235: Developmental Psychology
Human Movement/Biomechanics	1	BIO362: Kinesiology
***Sociology (200 Level Courses or Higher Preferred)	2-3	A healthcare sociology course (options include SOCI 241, SOCI 245, SOCI 345, or similar courses)
Statistics	1	STAT 118: Introductory Statistics and/or higher level (QL)
***Neuroanatomy or Neurobiology	1	BIO334: Neurobiology
***Direct Patient Care Experience (Contact Hours)	(Summer Sessions)	Many OT Programs expect patient care experience. Requirements vary significantly by program.

Exercise Science Major Requirements

Notes

- Students are required to complete 68 credits for the Exercise Science major. Simmons requires that all undergraduates complete a minimum of 128 credits of coursework, fulfill PLAN and major/program requirements, and submit a senior audit form to graduate.
- You may declare a major after you have earned 32 credits and must declare prior to earning 80 credits.
- All majors must submit CPR/AED and First Aid Certifications by March 1 of the senior year.

Year	Semester	Course Title	Credits	Complete
1st	Fall	BIO 113: General Biology and Lab or BIO115: Advanced Biology and Lab	4	
		CHEM111: Principles of General Chemistry or CHEM115: General Chemistry and Lab	4	
	Spring	CHEM112: Principles of Organic Chemistry and Lab	4	
1st or 2nd	Fall or Spring	STAT118 (or higher): Introductory to Statistics (pre req for BIO246)	4	
		NUTR112: Introduction to Nutrition Science	4	
		EXSC100: Introduction to Exercise Science	2	
		EXSC110: Form and Function in Resistance Training	2	
		PSYCH101: Introduction to Psychological Science	4	
2nd	Fall or Spring	BIO231: Anatomy and Physiology I & Lab	4	
	Spring	BIO232: Anatomy and Physiology II & Lab	4	
3rd	Spring	BIO246: Foundations of Exercise and Health & Lab	4	
	Fall	BIO/EXSC332: Exercise and Physiology & Lab	4	
	Spring	BIO/EXSC361: Exercise Assessment and Prescription & Lab	4	
	Fall or Spring	PSYC232: Health Psychology	4	
	Fall	BIO362: Kinesiology & Lab	4	
4th	Fall	BIO370-1: Internship, Exercise Science Capstone	4	
	Spring	BIO370-2: Internship, Exercise Science Capstone	4	

Exercise Science Electives

Choose One courses from the following list:

Courses Selected	Credits	Complete
	4	

AST/SOCI/WGST232- Race, Gender, and Health

BIO221- Microbiology

BIO233- Strength and Conditioning

BIO334- Neurobiology

- BIO336- Genetics
- BIO337- Molecular Biology
- BIO347- Human Development and Genetics
- CHEM224- Organic Chemistry I
- CHEM225- Organic Chemistry II
- CHEM345- Biochemistry
- MCPHS- BEH405A- Mind-Body Medicine
- NUTR110- Sociocultural Implications of Nutrition
- NUTR215- Sports Nutrition
- NUT311- Nutrient Metabolism
- NUTR360- Lifestyle Rx
- PHIL130- Ethics

PHYS110- Introductory Physics I and Lab

PHYS111- Introductory Physics II and Lab

PSYC231- Psychopathology and Mental Health

PSYC235- Developmental Psychology

PSYC236- Psychology of Adolescence

SOCI231- Sociology of Childhood

SOCI241- Health, Illness and Society

SOCI245- Global Health

SOCI345- Health Care Systems and Policy

SOCI 266- Sociology of Sports

SNHS415- Sport Psychology

Capstone

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

Course #	Course Title	Credits	Completed
BIOL 370	Internship, Exercise Science section, if available	4	
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*All Exercise Science majors (4-year and 3+3) must have proof of CPR and have completed the First Aid Skill Labs in EXSC361 by March 1st of the year that they receive their BS in Exercise Science. This is a graduation requirement. Here are a few details about this certifications:

- In lieu of completing First Aid Skills in EXSC361, you may take any First Aid course (Red Cross, Wilderness First Aid, Lifeguard First Aid, etc.) as long as it has a face to face hands-on component
- Your CPR course must be at the healthcare provider level or above and must include a face to face hands on component.
- The certification must be valid at least through the month of your graduation. For example, if you graduate in May, then the earliest expiration must be June 1 of your graduation year.
- cprboston.org offers weekly alternating CPR and First Aid courses at the Carney Hospital in Dorchester. In Spring 2021, CPR courses cost 45\$ and First Aid courses cost 35\$. Check the website for dates and times. <https://www.cprboston.org/>

[Link to the Exercise Science Student Information Center for additional information:](https://drive.google.com/drive/folders/0B2ro-MTjBanZU2ZCZVI1WVJ6czA?resourcekey=0-GLPLLpkNQu3ALCIm9G4odQ&usp=sharing)

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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	
Key Content Areas (KCAs): May be met by major, minor or Integrative Learning courses.	Aesthetic, Literary and Artistic (ALA)		
	Global Cultural (GC)	BIOL 246	
	Scientific Inquiry (SCI)	BIOL 113	
	Social and Historical (SH)		

Program Contact

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