Simmons UNIVERSITY

B.S. in Exercise Science & M.S. in Nutrition and Health Promotion

4+1 Program

Academic Planning Worksheet

2018-2019 Catalog

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.
- This program allows students interested in exercise science and nutrition to obtain a BS in exercise science and a MS in nutrition and health promotion. 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. Please see the Department of Biology for the required courses to enter this program.
- 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.
- See "Simmons PLAN & Graduation Requirements" worksheet for all-college requirements.

Major Core

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

Course #	Course Title	Credits	Completed
First Year			
BIOL 113/ 115	General Biology or Advanced General Biology (prereq for BIOL 246)	4	
CHEM 111/ 113/ 115	Introductory Chemistry: Inorganic, Principles of Chemistry, or Advanced 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	
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	Introduction to Biochemistry	4	
NUTR 237	Practice in Community Nutrition	4	
PSYC 232	Health Psychology	4	
SNHS 361	Exercise Assessment and Prescription	4	
Apply for the MS program by February 15			
First Aid Certification—offered during SNHS 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 or 450*	Research Methods OR Health Care Systems: Interdisciplinary Perspectives	4	

*Either SNHS 450 or SNHS 410 would be taken as a fifth course during the senior year. Students need 127 unique credits to graduate with an undergraduate degree. This allows them to substitute one 3-credit course for the usual 4 credit offerings at Simmons. Since both of the graduate courses are 3 credits, then the student would have to take one of these as a fifth course, if they didn't already have an extra course prior to the senior year.

Capstone (Senior Year)

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

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

Exercise Science Electives
Choose **TWO** courses from the following.

Course Selected	Credits	Completed
	4	
	4	

AST/ SOCI/ WGST 232	Race, Gender & Health
BIOL 221 and 221L	Microbiology and Lab
BIOL 233	Strength and Conditioning
CHEM 223	Introduction to Biochemistry
MCHPS BEH 405A	Mind-Body Science
NUTR 110	Sociocultural Implications of Nutrition
NUTR 215	Sports Nutrition
NUTR 260	Health Promotion Through the Life Cycle
NUTR 311	Nutrient Metabolism (prereq: CHEM 223)
PHYS 111 and 111L	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