

Notes

- Students are required to complete 72 credit hours for the major.
- The following curriculum is for students entering as first-year students in fall 2015 or later.
- See “Simmons PLAN & Graduation Requirements” worksheet for all-college requirements.

Required Math/Science Courses

Complete the following core courses.

Course #	Course Title	Credits	Completed
BIOL 113	General Biology*	4	
CHEM 111	Principles of General Chemistry* (Fall)	4	
BIOL 231	Anatomy and Physiology I* (Fall)	4	
BIOL 232	Anatomy and Physiology II* (Spring)	4	
MATH 118	Introductory Statistics	4	
BIOL 246	Foundations of Exercise and Health (Spring)	4	

*Course must be taken with laboratory

Required Nutrition Courses

Complete the following courses.

Course #	Course Title	Credits	Completed
NUTR 101 or NUTR 201	Food Science (Spring) or Advanced Food Science (Fall)	4	
NUTR 111 or NUTR 112	Fundamentals of Nutrition or Introduction to Nutrition Science	4	
NUTR 237	Practice of Community Nutrition	4	
NUTR 215	Sports Nutrition	4	
NUTR 248	Food Production and Service Systems (Fall)	4	

Required Communications/Management Courses

Complete the following courses.

Course #	Course Title	Credits	Completed
COMM 122	Writing and Editing Across the Media	4	
COMM 124	Media, Message and Society	4	
BUS 137	Entrepreneurship and Innovation	4	

Required Communication Course

Select ONE of the following communications courses.

Course#	Course Title	Credits	Completed
BUS 100	Foundations of Business & Management	4	
BUS 120	Introduction to Health Systems	4	
BUS 234	Organizational Communication and Behavior	4	
BUS 250	Principles of Marketing	4	
COMM 121	Visual Communication	4	
COMM 163	Radio Operations	4	
COMM 186	Intro to PR and Marketing Communication	4	
COMM 210	Introduction to Graphic Design: Principles and Practice	4	
COMM 244	Web I: Design for the World Wide Web	4	
COMM 281	Writing for Pub Relations & Integrated Marketing Com	4	
COMM 262	Media Convergence	4	

Capstone

Complete the following to fulfill the capstone requirement.

Course #	Course Title	Credits	Completed
NUTR 381	Advanced Applications in Community Nutrition (Spring)	4	
NUTR 390	Selected Topics in Nutrition (Fall)	4	

Non-Required Electives

Consult with your advisor to choose electives in psychology, sociology or other courses that fit with your career goals. The following is a list of possible electives, but there are many courses you may choose to take.

PSYC 101	Intro to Psychological Science
PSYC 232	Health Psychology
PSYC 236	Psychology of Adolescence
PSYC 239	Psychology of Aging
SOCI 232	Race, Gender and Health
SOCI 241	Health, Illness and Society
SNHS 361	Exercise Assessment and Prescription

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)		MATH 118	4		
	Key Content Areas** (KCAs)	Aesthetic, Literary and Artistic (ALA)			4	
		Global Cultural (GC)		NUTR 237	4	
Scientific Inquiry (SCI)		BIO 113	4			
Social and Historical (SH)			4			

*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 Contact

Elizabeth Metallinos-Katsaras

Professor of Nutrition and Chair of the Nutrition Department

Department of Nutrition

College of Natural, Behavioral and Health Sciences

elizabeth.metallinoskatsaras@simmons.edu

S334D

617-521-2708

Leah Smith

Administrative Assistant

Department of Nutrition

College of Natural, Behavioral and Health Sciences

leah.smith@simmons.edu

S334

617-521-2718