

Notes

- Simmons biology students with an overall GPA of 3.3 or higher may apply for the Masters in Nutrition and Health Promotion program after 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.
- The curriculum for this program is described below. Two graduate courses, SNHS 410 Research Methods and SNHS 450 Health Care Systems: Interdisciplinary Perspectives, or other SNHS course if scheduling is a problem, are taken during the fall and spring of the senior year. This is 6 credit hours which may be counted toward undergraduate degree credits*** and also fulfill two of their graduate course requirements, giving the students a significant graduate tuition reduction.
- In order for an accepted student to continue with the program after her senior year (UG), she must meet the following academic standards her senior year. The student must have maintained satisfactory academic progress in coursework through the Spring semester of her senior year and attained a final undergraduate minimum GPA of 3.0 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 her senior year.

Core Requirements

Combined requirements for the B.S. in Biology 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	
BIOL 218 OR BIOL 221	Zoology OR Microbiology	4	
CHEM 111/ 113/ 115	Introductory Chemistry: Inorganic, Principles of Chemistry, or Advanced General Chemistry (prereq for BIOL 231)	4	
CHEM 226	Quantitative Analysis	4	
Sophomore Year			
BIOL 225	Cell Biology	4	
BIOL 246	Foundations in Exercise and Health	4	
CHEM 224	Organic Chemistry I	4	
CHEM 225	Organic Chemistry II	4	
NUTR 112	Introduction to Nutrition Science	4	
Junior Year			
BIOL 231	Anatomy and Physiology I	4	
BIOL 232	Anatomy and Physiology II	4	
BIOL 332	Exercise Physiology (prereq for SNHS 361)	4	
CHEM 345	Biochemistry	4	
STAT 118 (or STAT 227 or 229)	Introductory Statistics (prereq for BIOL 246)	4	
NUTR 237	Practice in Community Nutrition	4	
Biological 300-level Elective			
Apply for the MS program by February 15			
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	
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Exercise Science Electives

Choose TWO courses from the following.

Course Selected	Credits	Completed
	4	
	4	

BIOL 221 and 221L	Microbiology and Lab
CHEM 223	Introduction to Biochemistry
SOCI 241	Health, Illness and Society
SOCI 345	Health Care Systems and Policy
SOCI 266	Sociology of Sports
NUTR 110	Sociocultural Implications Nutrition
NUTR 215	Sports Nutrition
NUTR 311	Nutrient Metabolism (prereq: CHEM 223)
PHYS 111 and 111L	Introduction to Physics II and Lab
MCHPS BEH405A	Mind-Body Science

PLAN Requirements

The Simmons PLAN is the undergraduate core curriculum. 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	Course Title	Credits	Completed
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		
	Quantitative Literacy (QL)		STAT 118 or higher	4	
	Key Content Areas** (KCAs)	Aesthetic, Literary and Artistic (ALA)		4	
		Global Cultural (GC)		4	
		Scientific Inquiry (SCI)		BIOL & CHEM	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

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