

Notes

- Simmons students 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.
- The Public Health major is an interdisciplinary major in Biology and Sociology and offers two tracks (Biology and Sociology). An accelerated five-year BS Public Health (Biology track)/MS Nutrition program is jointly offered by the Biology Department, College of Arts and Sciences, and the Nutrition Department, School of Health Sciences.
- Students complete this accelerated BS/MS program in five years and receive a Bachelor of Science degree with a major in Public Health and a Master of Science degree in Nutrition and Health Promotion. Graduates of this program will find opportunities and careers in a variety of fields promoting health, which include research, government programs, weight loss centers, and exercise facilities. Working with an advisor, two graduate courses, CNHBS 410 Research Methods and CNHBS 450 Health Care Systems: Interdisciplinary Perspectives, are taken in 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	Completed
First Year			
BIOL 113/ 115	General Biology or Advanced General Biology (prereq for BIOL 246)	4	
BIOL 104	Introduction to Environmental Science	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	
PH 101	Introduction to Public Health	4	
SOCI 241	Health, Illness and Society		
Sophomore Year			
BIOL 221	Microbiology	4	
BIOL 231	Anatomy and Physiology I	4	
BIOL 232	Anatomy and Physiology II	4	
BIOL 246	Foundations in Exercise and Health	4	
STAT 118 (or STAT 227 or 229)	Introductory Statistics (prereq for BIOL 246)	4	
NUTR 112	Introduction to Nutrition Science	4	
Junior Year			
BIOL 347	Human Development and Genetics	4	
CHEM 223	Introduction to Biochemistry	4	
NUTR 237	Practice in Community Nutrition	4	
SOCI 345	Health Care Systems and Policy	4	
PH 201	Introduction to Epidemiology	4	
Apply for the MS program by February 15			
Senior Year			
Biology Elective		4	

PH 347	Seminar in Public Health	4	
SNHS 410 or 450*	Research Methods OR Health Care Systems: Interdisciplinary Perspectives	4	
Capstone**		4	
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*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.

**Complete 8 credit hours to fulfill the Capstone Requirement in BIOL 350 Independent Study, BIOL 355 Internship or PH 370 Internship.

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		
			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 113	4		
Social and Historical (SH)		SOCI 241	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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