

Notes

- Students are required to complete 72 credit hours for the major.
- 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

Majors will complete a core of the following courses.

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	
First Year or Sophomore Year			
MATH 118 (or MATH 227 or 229)	Introductory Statistics (prereq for BIOL 246)	4	
PSYC 101	Introduction to Psychological Science	4	
NUTR 112	Introduction to Nutrition Science	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	
Junior Year			
BIOL 332	Exercise Physiology (prereq for SNHS 361)	4	
SNHS 361	Exercise Assessment and Prescription	4	
PSYC 232	Health Psychology	4	
CPR with AED training			
First Aid Certification—offered during SNHS 361 lab at cost			
Senior Year			
PHYS 110	Introductory Physics	4	
BIOL 362	Kinesiology	4	

Exercise Science Electives

Choose **TWO** courses from the following.

Course Selected	Credits	Completed
	4	
	4	

AST/SOCI/WGST 232	Race, Gender, and Health
BIOL 233	Strength and Conditioning
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 260	Health Promotion Through the Life Cycle
NUTR 311	Nutrient Metabolism
PHYS 111	Introduction to Physics II and Lab
MCHPS	BEH405A- Mind-Body Science

Capstone

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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