

### 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.

### Core Requirements

Majors will complete a core of the following courses.

Course #	Course Title	Credits	Completed
<b>First Year</b>			
BIOL 113/ 115	General Biology or Advanced General Biology (prereq for BIOL 246) (Fall or Spring)	4	
CHEM 111/ 113/ 115	Introductory Chemistry: Inorganic, Principles of Chemistry, or Advanced General Chemistry (prereq for BIOL 231) (Fall)	4	
CHEM 112	Introductory Chemistry: Organic (prereq for BIOL 231) (Spring)	4	
<b>First Year or Sophomore Year</b>			
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	
EXSC 100*	Introduction to Exercise Science (Spring)	2	
EXSC 150*	Resistance Training: Form to Function (Spring)	2	
<b>Sophomore Year</b>			
BIOL 231	Anatomy and Physiology I (Fall)	4	
BIOL 232	Anatomy and Physiology II (Spring)	4	
BIOL 246	Foundations in Exercise and Health (Spring)	4	
<b>Junior Year</b>			
BIOL 332	Exercise Physiology (prereq for SNHS 361) (Fall)	4	
EXSC 361	Exercise Assessment and Prescription (Spring)	4	
PSYC 232	Health Psychology	4	
CPR with AED training			
First Aid Certification—offered during EXSC 361 lab at cost			
<b>Senior Year</b>			
PHYS 110 **	Introductory Physics (Fall)	4	
BIOL 362	Kinesiology (Spring 2020, then switch to Fall 2020+)	4	

\*required for class of 2023+; Counts as .5 ExSci elective for classes of 2020-2023

\*\*optional for class of 2023+

### Exercise Science Electives

Choose **TWO\*\*\*** courses from the following list.

Course Selected	Credits	Completed
	4	
	4	

\*\*\*Class of 2023+ choose ONE elective from the list

AST/SOCI/WGST 232	Race, Gender, and Health
EXSC 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 360	Lifestyle Rx
NUTR 311	Nutrient Metabolism
PHYS 111****	Introduction to Physics II and Lab
MCHPS	BEH405A- Mind-Body Medicine

\*\*\*\*PHYS 110 counts as elective instead of PHYS 111 for Class of 2023+

### 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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### PLAN Requirements

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)		MATH 118	4
	Key Content Areas** (KCAs)	Aesthetic, Literary and Artistic (ALA)		4
		Global Cultural (GC)	BIO 246	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

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