

B.S. Exercise Science – Pre-Chiropractic Medicine Track

Academic Planning Worksheet 2023-2024

Simmons University

Office of Undergraduate Advising

Notes

- Students are required to complete 68 credits for the Exercise Science major. Simmons requires that all undergraduates complete a minimum of 128 credits of coursework, fulfill PLAN and major/program requirements, and submit a senior audit form to graduate.
- You may declare a major after you have earned 32 credits and must declare prior to earning 80 credits.
- All majors must submit CPR/AED and First Aid Certifications by March 1 of the senior year.

First Year

Course #	Course Title	Credits	Completed
BIOL 113 or 115	General Biology or Advanced General Biology & Lab (prereq for BIOL 231, Fall or Spring)	4	
CHEM 111 or 113*	Principles of General Chemistry & Lab or General Chemistry & Lab (Fall, prereq for BIOL 231)	4	
CHEM 112	Principles of Organic Chemistry & Lab (Spring)	4	

*A grade of C- or higher is required in **all** chemistry prerequisite courses

First Year or Sophomore Year

Course #	Course Title	Credits	Completed
STAT 118 (or higher)	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	2	
EXSC 110	Form and Function in Resistance Exercise	2	

Sophomore Year

Course #	Course Title	Credits	Completed
BIOL 231	Anatomy and Physiology I & Lab (Fall)	4	
BIOL 232	Anatomy and Physiology II & Lab (Spring)	4	
BIOL 246	Foundations in Exercise and Health & Lab (Spring)	4	

Junior Year

Course #	Course Title	Credits	Completed
BIOL 332	Exercise Physiology & Lab (prereq for EXSC 361) (Fall)	4	
EXSC 361	Exercise Assessment and Prescription & Lab (Spring) Note: First Aid Training- Completed during EXSC 361	4	
PSYC 232	Health Psychology	4	

Senior Year

Course #	Course Title	Credits	Completed
BIOL 362	Kinesiology & Lab (Fall)	4	
CPR with AED Certification at Healthcare Provider Level*	On your own – certification submitted to michael.welch@simmons.edu by March 1		

Exercise Science Electives

Choose One course from the following list.

Course Selected	Credits	Completed
SOCI241- Health, Illness and Society (Recommended/Preferred)	4	
SOCI245- Global Health		
SOCI345- Health Care Systems and Policy		

AST/SOCI/WGST232- Race, Gender, and Health
BIO221- Microbiology
BIO233- Strength and Conditioning
BIO334- Neurobiology
BIO336- Genetics
BIO337- Molecular Biology
BIO347- Human Development and Genetics
CHEM224- Organic Chemistry I
CHEM225- Organic Chemistry II
CHEM345- Biochemistry
MCPHS- BEH405A- Mind-Body Medicine
NUTR110- Sociocultural Implications of Nutrition
NUTR215- Sports Nutrition
NUT311- Nutrient Metabolism
NUTR360- Lifestyle Rx
PHIL130- Ethics
PHYS110- Introductory Physics I and Lab
PHYS111- Introductory Physics II and Lab
PSYC231- Psychopathology and Mental Health
PSYC235- Developmental Psychology
PSYC236- Psychology of Adolescence
SOCI231- Sociology of Childhood
SOCI241- Health, Illness and Society
SOCI245- Global Health
SOCI345- Health Care Systems and Policy
SOCI 266- Sociology of Sports
SNHS415- Sport Psychology

Capstone

Complete 8 credit hours to fulfill the Capstone Requirement in BIOL 370- Internship.

Course #	Course Title	Credits	Completed
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BIOL 370	Internship, Exercise Science section, if available	4	
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*All Exercise Science majors (4-year and 3+3) must have proof of CPR and have completed the First Aid Skill Labs in EXSC361 by March 1st of the year that they receive their BS in Exercise Science. This is a graduation requirement. Here are a few details about this certifications:

- In lieu of completing First Aid Skills in EXSC361, you may take any First Aid course (Red Cross, Wilderness First Aid, Lifeguard First Aid, etc.) as long as it has a face to face hands-on component
- Your CPR course must be at the healthcare provider level or above and must include a face to face hands on component.
- The certification must be valid at least through the month of your graduation. For example, if you graduate in May, then the earliest expiration must be June 1 of your graduation year.
- cprboston.org offers weekly alternating CPR and First Aid courses at the Carney Hospital in Dorchester. In Spring 2021, CPR courses cost 45\$ and First Aid courses cost 35\$. Check the website for dates and times. <https://www.cprboston.org/>

[Link to the Exercise Science Student Information Center for additional information:](https://drive.google.com/drive/folders/0B2ro-MTjBanZU2ZCZVI1WVJ6czA?resourcekey=0-GLPLLpkNQu3ALCIm9G4odQ&usp=sharing)

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PLAN Requirements

The Simmons PLAN is the undergraduate general education program. 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	PLAN Course Requirements	Completed	
One/ Summer	Math: 1) Prior to first year, pass Math Placement Exam or 2) In first year, enroll in MATH 101 (4 credits)		
One/ Fall	BOS 101: The Boston Course (4 credits)		
	SIM 101: The Simmons Course: Explore (2 credits)		
One/ Spring	LDR 101: The Leadership Course (4 credits)		
Two	Integrative Learning Course (4 credits)		
	SIM 201: The Simmons Course: Experience (1 credit)		
Three	SIM 301: The Simmons Course: Excel (1 credit)		
Other PLAN Requirements		Courses Used to Fulfill	Completed
Language: (8 credits) Successful completion of the 102 level in any modern language or the equivalent determined through approved channels as outlined below. <ul style="list-style-type: none"> ● Complete the 102 level in any modern language at Simmons University or another accredited academic institution with pre-approval from the Department of Modern Languages and Literatures. ● Place above the 102 level on the placement exam administered by Simmons University. ● Received a 3 or above on an AP modern language exam. If students have taken or wish to take other equivalent exams, they should consult with the MLL Department. 			
Quantitative Literacy (QL)		STAT 118	
Aesthetic, Literary and Artistic (ALA)			

Key Content Areas (KCAs): May be met by major, minor or Integrative Learning courses.	Global Cultural (GC)	BIOL 246	
	Scientific Inquiry (SCI)	BIOL 113	
	Social and Historical (SH)		

Program Contact

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