

B.S. Public Health & MPH

3+1 Program

Academic Planning Worksheet 2025-2026

Simmons University

Office of Undergraduate Advising

Notes

- 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.
- All Students are required to complete a capstone before graduating. Consult with your advisor on how best to fill this requirement.
- You may declare a major in the beginning of the first year fall semester. You must declare a major prior to earning 80 credits.
- Students are required to complete 128 unique credits to graduate at the end of 3 years, and 64 of those credit hours are for the Public Health major- 13 core courses, 2 electives and 1 capstone in the first 3 years. The 4th year and a semester (15 months) will include the MPH Core Courses, Immersion Courses, Electives and Health Equity Change Project
- ***Students who intend to specialize on biostatistics and/or epidemiology in their graduate studies (beyond the general required courses on those topics for an MPH) are strongly urged to take STAT 239 (Regression and Design of Experiments) as an elective for their Public Health minor, and to complete a Biostatistics minor.***

Public Health Undergraduate Core Requirements (Years 1-3)

3+1 Public Health Majors will complete the undergraduate core of the following courses.

Course #	Course Title	Credits	Completed
BIOL 113	General Biology/Advanced General Biology	4	
BIOL 104	Introduction to Environmental Science (Spring)	4	
BIOL 221	Microbiology (Spring)	4	
CHEM 101*	Chemical Determinants of Health**	4	
COMM 312	Health Communications (Spring)	4	
PH 101*	Introduction to Public Health	4	
PH 201	Introduction to Epidemiology	4	
PH 345	Health Care Systems and Policy (Spring)	4	
PH 347	Seminar in Public Health (Fall)	4	
STAT 118 or STAT 239*	Introduction to Statistics or Regression and Design of Experiments	4	
PH 241*	Health, Illness, and Society	4	
PH 245*	Global Health	4	
BIOL 246 or SOCI 239	Foundations of Exercise and Health (Spring) Introduction to Social Research	4	

*It is strongly recommended to complete these courses by the end of second year. If this is not possible, please consult with your advisor(s). Students must earn a B or better in their statistics course (STAT 118 or STAT 239).

**Students should take CHEM 101 to satisfy the chemistry requirement. However, if students have already taken CHEM 110, CHEM 111, or CHEM 112 previously, they may substitute that course for CHEM 101.

Capstone

Public Health seniors in the 3+1 program will complete their capstone requirement by taking the Public Health Senior Seminar (PH 347) in the fall semester, plus will undertake a one-semester senior internship in the spring semester (PH 370). All students will make a poster presentation and submit an internship paper, research paper, or research thesis as the final products of their capstone experience. Arrangements for satisfying the capstone requirement must be made with the student's public health advisor before the end of the Sophomore year.

Course #	Course Title	Credits	Completed
PH 370	Internship	4	

MPH Core Courses (Year 4 plus 1 Semester) Requirements

*Note: The MPH accelerated program takes place over 15 months. Complete the following courses.

Course #	Course Title	Credits	Completed
MHEO410	Health Equity & Social Justice	3	
MHEO415	Epidemiology	3	
MHEO420	Socio-Structural Determinants of Health	3	
MHEO425	Biostatistics	3	
MHEO435	Community-Based Research for Health Equity	3	
MHEO440	Health Policy Analysis & Change	3	
MHEO450	Environmental Health & Justice	3	
MHEO465	Health Advocacy, Community Organizing & Innovation	3	
MHEO470	Global Health & Political Economy	3	

MPH Immersion Courses & Electives

Complete the following courses (6 credits)

Course #	Course Title	Credits	Completed
MHEO430	Boston Immersion: Racism, Oppression & Health	1	
MHEO461	Arizona Immersion: Immigration, Health, and Restoration in the Borderlands	2	
Elective		3	

MPH Health Equity Change Project Courses

Complete the following courses (9 credits)

Course #	Course Title	Credits	Completed
MHEO490	Public Health Project Planning I & II	3	
MHEO495	Health Equity Change Project I	3	
MHEO496	Health Equity Change Project II	3	

Undergraduate Electives

Students must choose and complete two additional elective courses (8 credits) from the list below.

Course #	Course Title	Credits	Completed
		4	
		4	

- AST 232 Race, Gender, and Health

- AST 365 Intimate Family Violence
- BIOL 245 Ecology
- BIOL 338 Microbial Pathogenesis
- BIOL 347 Human Development and Genetics
- BUS 234 Organizational Communication & Behavior
- CHEM 227 Energy and Global Warming
- NUTR 237 The Practice of Community Nutrition
- NUTR 381 Advanced Applications in Community Nutrition
- PH 321 Food Policy and Culture (IL) (every other year; next offering in 2025-26)
- PHIL 131 Biomedical Ethics
- POLS 217 American Public Policy
- POLS 212 Politics Unplugged
- PSYC 232 Health Psychology
- SOCI 220 Working for Social Justice
- SOCI 275 Birth and Death
- SOCI 285 Drugs and Society
- STAT 223 Regression and Design of Experiments

PLAN Requirements

The Simmons PLAN is the undergraduate general education program. Some PLAN courses may be fulfilled with required major courses. Additional PLAN requirements may be fulfilled through electives, courses in minors, or other course offerings. Work closely with advisor(s) to choose courses.

Notes:

- [KCA, KSA, Honorific Courses - Master List](#) (beginning Fall 2024)
- A course can satisfy only **one** KCA **or** KSA: Students cannot count one course for two different PLAN requirements.
- Students are allowed to take each of the three required KCAs in their major, if they wish.
- At least two KSAs must be taken outside of the major.
- Any given course will satisfy only the specific KCA or KSA designation it holds at the time it is taken by the student.

General Education PLAN Requirements	Year	Completed
Math: 1) Prior to first year, pass Math Placement Exam or 2) In first year, enroll in MATH 101 (4 credits)	Summer/ Year One	
WRI 101: Writing Boston (4 credits)	Year One	
SIM 100: Simmons Course: Explore (2 credits)		
SIM 200: Simmons Course: Extend (2 credits)	Year Two or Three	

PLAN Key Content Area Courses (KCA)	Courses Used to Fulfill	Completed
Aesthetic, Literary and Artistic (ALA)		
Global Historical (GH)	PH 245	
Scientific Inquiry (SCI)	BIOL 113	

PLAN Key Skills Area Courses (KSA)	Courses Used to Fulfill	Completed
Diversity, Equity, Inclusion, Justice (DEIJ)	PH 241	
Integrative Learning (IL)		
Leadership (LDR)		

PLAN Key Skills Area Courses (KSA)	Courses Used to Fulfill	Completed
Quantitative Literacy (QL)	STAT 118/STAT 239	
Writing-Intensive (WRI)		

Credit Audit

Transfer/AP credits prior to Simmons: _____ credits

Year 1		
Fall (typically 20 credits)	Spring (typically 20 credits)	Summer (typically 4 credits)
Total Year 1 credits:		
Year 2		
Fall (typically 20 credits)	Spring (typically 20 credits)	Summer (typically 4 credits)
Total Year 2 credits:		
Year 3		
Fall (typically 20 credits)	Spring (typically 20 credits)	Summer (typically 0 credits)
Total Year 3 credits:		

Total earned credits: _____ (MUST BE 128+ CREDITS FOR BS DEGREE COMPLETION PRIOR TO START OF MPH DEGREE; FORM TO BE SIGNED BEFORE APPLYING)

Student signature: _____ Date: _____

Bachelor's Program Director Signature: _____ Date: _____