

## B.S. in Health and Exercise Science & M.S. in Nutrition and Health Promotion

4+1 Program

Academic Planning Worksheet 2023-2024

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.
- You must declare a major prior to earning 80 credits.
- Simmons Health and Exercise Science students with an overall GPA of 3.3 or higher may apply for the Masters in Nutrition and Health Promotion program after the end of their first semester junior year (deadline: March 1). Application to this program is directed to the Department of Nutrition. Both the application fee and the GRE requirement will be waived.
- Students need to have taken the following prerequisites for the MS before applying for the 4+1:
  - Inorganic Chemistry with a lab (at Simmons, [CHEM 111](#) or [CHEM 113](#))
  - Organic Chemistry with a lab (at Simmons, [CHEM 112](#))
  - Human Anatomy and Physiology I and II with labs (at Simmons, [BIOL 231](#) and [BIOL 232](#))
  - Introductory Nutrition (at Simmons, [NUTR 111](#)\* or [NUTR 112](#))
  - Introduction to Community Nutrition (at Simmons, [NUTR 237](#))
  - Introductory Biochemistry (at Simmons, [CHEM 223](#))
  - Introductory Statistics (at Simmons, [STAT 118](#))
- The curriculum for the 4+1 program is described below. Two graduate courses, SNHS 410 Research Methods and SNHS 450 Health Care Systems: Interdisciplinary Perspectives, or other SNHS courses if scheduling is a problem, are taken during the fall and spring of the senior year. This is up to 6 credit hours which may be counted toward undergraduate degree credits\*\*\* and also fulfill two of their graduate course requirements, giving the students a significant graduate tuition reduction.
- In order for an accepted student to continue with the program after her senior year (UG), she must meet the following academic standards her senior year. The student must have maintained satisfactory academic progress in coursework through the Spring semester of her senior year and attained a final undergraduate minimum GPA of 3.0 upon graduation (including spring semester grades).
- Must meet the MS in Nutrition and Health Promotion requirement of attaining a minimum of a B in each of the graduate courses taken as part of the program during her senior year.
- All majors must submit CPR/AED and First Aid Certifications by March 1 of the senior year.

### First Year

Majors will complete a core of the following courses.

Course #	Course Title	Credits	Completed
BIOL 113 or 115	General Biology or Advanced General Biology (prereq for BIOL 246) (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 231)	4	
PSYC 101	Introduction to Psychological Science	4	
NUTR 112	Introduction to Nutrition Science	4	
EXSC 100	Introduction to Health and 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) <b>Note:</b> First Aid Training- Completed during EXSC361	4	
CHEM 223	Introduction to Biochemistry	4	
NUTR 237	Practice in Community Nutrition	4	
PSYC 232	Health Psychology	4	
First Aid Certification—offered during EXSC 361 lab at cost			
<b>Apply to the MS Nutrition program by February 15</b>			

### Senior Year

Course #	Course Title	Credits	Completed
BIOL 362	Kinesiology & Lab	4	
SNHS 410	Research Methods	3	
SNHS 450	Health Care Systems	3	
CPR with AED Certification at Healthcare Provider Level*	On your own – certification submitted to <a href="mailto:welchm@simmons.edu">welchm@simmons.edu</a> by March 1		

### Health and Exercise Science Electives

Fulfilled by program requirements

Course Selected	Credits	Completed
	4	

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  
 NUTR260- Health Promotion Through the Life Cycle  
 NUTR311- Nutrient Metabolism  
 NUTR360- Lifestyle Rx  
 PHIL130- Ethics  
 PH101- Introduction to Public Health  
 PH201- Introduction to Epidemiology  
 PH261- Introduction to Public Health Promotion  
 PH345- Health Systems & Policy  
 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
BIOL 370	Internship, Health and Exercise Science section, if available	4	
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\*All Health and Exercise Science majors (4-year and 3+3) must have proof of CPR and First Aid certifications 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:

- 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 2022, CPR courses cost \$45 and First Aid courses cost \$35. Check the website for dates and times. <https://www.cprboston.org/>

Link to the Health and Exercise Science Student Information Center for additional information:

<https://drive.google.com/drive/folders/OB2ro-MTjBanZU2ZCZVI1WVJ6czA?resourcekey=0-GLPLLpkNQu3ALCIm9G4odQ&usp=sharing>



## 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	<b>Math:</b> 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
<b>Language:</b> (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"> <li>Complete the 102 level in any modern language at Simmons University or another accredited academic institution with <b>pre-approval</b> from the Department of Modern Languages and Literatures.</li> <li>Place above the 102 level on the placement exam administered by Simmons University.</li> <li>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.</li> </ul>			
<b>Quantitative Literacy (QL)</b>		STAT 118	
<b>Key Content Areas (KCAs):</b> May be met by major, minor or Integrative Learning courses	Aesthetic, Literary and Artistic (ALA)		
	Global Cultural (GC)	BIOL 246	
	Scientific Inquiry (SCI)	BIOL 113	
	Social and Historical (SH)		

## Program Contacts

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