

## Public Health

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.
- You may declare a major after you have earned 32 credits. You must declare a major prior to earning 80 credits.

### Core Requirements

Majors will complete a core of the following courses.

Course #	Course Title	Credits	Completed
BIOL 113CD*	General Biology (KCA/SCI)	4	
BIOL 104CD	Introduction to Environmental Science	4	
BIOL 221CD	Microbiology (KCA-SCI)	4	
CHEM 101CD**	Chemical Determinants of Health**	4	
COMM 312CD	Health Communications (KCA- GC)	4	
PH 101CD*	Introduction to Public Health	4	
PH 201CD	Introduction to Epidemiology	4	
PH 345CD	Health Care Systems and Policy	4	
PH 347CD	Public Health Senior Seminar	4	
STAT 118CD	Introduction to Statistics	4	
PH 241CD*	Health, Illness, and Society (KCA/SH)	4	
PH 245CD*	Global Health (KCA/GC)	4	
SOCI 239CD	Introduction to Social Research (prereq: SOCI-241)	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 should take CHEM 101CD to satisfy the chemistry requirement. However, if students have already taken CHEM 110CD, CHEM 111CD, or CHEM 112CD previously, they may substitute that course for CHEM 101CD.

### Capstone

Public Health seniors will complete their capstone requirement by taking the Public Health Senior Seminar (PH 347CD), plus will undertake either: a one-semester senior internship, a one-semester research experience, or a two-semester thesis across the last two terms. 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 **three semesters** before the student's planned date of graduation.

Course Selected	Credits	Completed
	4	

For students doing Internships	PH 370CD- Internship Seminar
For students doing independent research	PH 350CD- Independent Study
For Thesis	PH 350CD Independent Study (first semester) PH355CD- Thesis (second semester)

### Major Electives

Students must choose two additional elective courses from the list below.

Course #	Course Title	Credits	Completed
		4	
		4	

- BUS 234CD Organizational Communication & Behavior
- **PH 235CD Introduction to Public Health Promotion (Recommended)**
- SOCI 285CD Drugs and Society
- Note: potential to accept credits from outside universities for elective courses
- Note: Transfer office does not review for electives. The Public Health Program Director will review this.

### PLAN Requirements

*PLAN (Purpose Leadership ActionN) is the Simmons undergraduate general education program. Some PLAN requirements can be fulfilled with courses required for this major, as indicated below. Additional PLAN requirements may be fulfilled through electives. PLAN requirements, with the exception of the capstone, are waived for students who have an associate's degree from an accredited institution. We highly recommend that you work closely with your advisor(s) to choose all of your courses.*

Course Title	Credits	Completed
<b>Math*:</b> 1) Prior to first term, pass the mathematics competency requirement or 2) enroll in MATH 101CD the first semester it is available	0/4	
CNCT 101CD: Simmons Connect**	3	
LDR 201CD: Gender and Leadership	4	
CDA 201CD: Cross-Disciplinary Approaches to Public Issues	6	
CNCT 201CD: Pathways to Career and Leadership ( <b>Recommended after CDA</b> )	1	
3D Design Across Diverse Disciplines *** ( <b>Students work on this requirement while enrolled in CNCT 201CD</b> )	12	
<b>Requirements</b>	<b>Course Selected</b>	
<b>Language &amp; Culture****:</b> Two (additional) Global Cultural (GC) courses		4
		4

<b>Quantitative Literacy (QL)</b>		<i>STAT 118CD or higher</i>	4	
<b>Key Content Areas ***** (KCAs)</b>	<i>Aesthetic, Literary, and Artistic (ALA)</i>		4	
	<i>Global Cultural (GC)</i>	<i>PH 245CD</i>	4	
	<i>Scientific Inquiry (SCI)</i>	<i>BIOL 113CD</i>	4	
	<i>Social and Historical (SH)</i>	<i>PH 241CD</i>	4	

*\*Students must satisfy the math competency requirement during their first semester at Simmons. Students who do not pass the mathematics competency exam by orientation or who do not meet the math competency requirement in one of the other ways described above must take MATH 101CD in the first semester it is available.*

*\*\*We highly encourage all students to take Simmons Connect in their first semester, and we recommend this course for all students, even those who enter with an associate's degree.*

*\*\*\*The 3D (Design Across Diverse Disciplines) requirement may be met with one course in your major and two additional courses (which may also satisfy KCA requirements).*

*\*\*\*\*Students admitted in the May 2021 cohort are required to take two sequential courses in the same language (for example, French 101 and 102).*

*\*\*\*\*\*KCA requirements may be satisfied by courses in your major, LC courses, and/or 3D courses.*

#### **Program Contact**

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She/her/hers

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