In approximately January of 2014, the American Association of Medical Colleges (AAMC) will release a major revision of the Medical College Admissions Test (MCAT). Many of the changes in the MCAT are motivated by the report "AAMC-HHMI Foundations for Future Physicians," which includes several new or revised competencies in quantitative biology and biostatistics. These competencies are especially important to the Symbiosis project, which is an introductory laboratory sciences quantitative biology sequence (under development at East Tennessee State University). In this talk, we discuss how the Symbiosis project is addressing the quantitative competencies associated with the revised MCAT, focusing on methods which can be integrated into mathematical biology curricula in general. (Received September 21, 2010)