MISSION STATEMENT

The sedentary lifestyle and its consequent metabolic and cardiovascular complications now assumes a considerable public health burden in the United States. Indeed, the promotion of physical activity for people of all ages has become a top priority on public health agendas around the world. The mission of the Master of Public Health (MPH) degree in the Department of Exercise and Nutrition Sciences is to develop and train graduate students to integrate physical activity into the core of public health practice. The program encompasses an ecological perspective to the role of physical activity in the etiology, prevention, and treatment of chronic diseases at the community, national, and global levels. The program is designed to train students as public health scientists and practitioners in order to assist public and private agencies with program development and evaluation with regard to physical activity, health promotion, and disease prevention.

GOALS

The goals of this MPH program in the Department of Exercise and Nutrition Sciences are to ensure graduates:

• Understand the pathophysiology of selected chronic disease processes;
• Understand exercise physiology and the role of physical activity and exercise in health promotion and disease prevention;
• Develop skills in physical activity assessment using state-of-the-art technology;
• Utilize epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level;
• Develop skills in designing, implementing, and evaluating interventions for improving physical activity at the community level; and
• Appreciate the role of public health policy in altering physical activity patterns at the community level.

COMPETENCIES

Program Specific Competencies

Upon completion of the MPH in Physical Activity in Public Health, students will possess the following functional competencies:

Integrate evidence-based knowledge of the relation of physical activity to health and function across the life-span.

• Students will demonstrate knowledge and understanding of the pathophysiology of selected chronic disease processes. [Cognitive: levels 1 and 2].

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<th>Course</th>
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<td>Exercise in Selected Chronic Diseases</td>
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Utilize social and behavioral theories in designing physical activity and other health promotion programs.

• Students will apply various theories of social and behavioral change in patterns of physical activity adoption and maintenance. [Cognitive: level 3; Affective: levels 3 and 4].

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<td>Program Evaluation</td>
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PUBH 6502 Practical Data Analysis: PCH

- Students will demonstrate skills in the design of physical activity interventions that are consistent with these social and behavioral theories. [Cognitive: levels 3-5].

EXNS 6208 Physical Activity: Physiology and Epidemiology

EXNS 6212 Exercise in Selected Chronic Diseases

PUBH 6014 Practicum

PUBH 6015 Culminating Experience

Additional relevant courses for students in the Program Design and Evaluation option

PUBH 6500 Planning and Implementing Health Promotion Programs

PUBH 6501 Program Evaluation

Integrate physical activity within the core functions of public health.

- Students will demonstrate skills in physical activity assessment using state-of-the-art technology. [Cognitive: level 3; Affective: level 3; Psychomotor: level 4].

EXNS 6202 Advanced Exercise Physiology I

EXNS 6203 Advanced Exercise Physiology II

EXNS 6208 Physical Activity: Physiology and Epidemiology

- Students will apply epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level. [Cognitive: level 3].

EXNS 6208 Physical Activity: Physiology and Epidemiology

EXNS 6212 Exercise in Selected Chronic Diseases

PUBH 6015 Culminating Experience

Additional relevant courses for student in the Program Design and Evaluation option

PUBH 6500 Planning and Implementing Health Promotion Programs

PUBH 6503 Intro to Public Health Communication & Marketing

PUBH 6524 Advanced Epidemiology Methods

- Students will appreciate the role of both traditional and non-traditional public health partners in physical activity promotion. [Cognitive: level 2; Affective: levels 3 and 4].

EXNS 6208 Physical Activity: Physiology and Epidemiology

PUBH 6014 Practicum

Additional relevant courses for student in the Epidemiology option

PUBH 6500 Planning and Implementing Health Promotion Programs

PUBH 6501 Program Evaluation

PUBH 6503 Intro to Public Health Communication & Marketing

PUBH 6524 Advanced Epidemiology Methods

- Students will design public health policy that can alter physical activity patterns across multiple settings. [Cognitive: levels 3-5; Affective: levels 3 and 4].

EXNS 6208 Physical Activity: Physiology and Epidemiology

PUBH 6014 Practicum

Work with other public health professionals in promoting physical activity research, practice, and policy at the community, state, and federal level.

- Students will appreciate the role of public health policy in altering physical activity patterns at the community level. [Affective: levels 3 and 4].

EXNS 6208 Physical Activity: Physiology and Epidemiology

PUBH 6014 Practicum

Additional relevant courses for student in the Program Design and Evaluation option

PUBH 6500 Planning and Implementing Health Promotion Programs

PUBH 6503 Intro to Public Health Communication & Marketing

PUBH 6524 Advanced Epidemiology Methods
**REQUIREMENTS**

**Course Requirements**
All GW SPH, MPH students who select the Physical Activity in Public Health program enroll in core courses (15 credits), program-specific courses (20 credits), and electives (6 credits). Program-specific courses include options to focus in epidemiology or program design and evaluation. The 45 credit degree program includes a practicum (2 credits) and a culminating experience (2 credits).

**Program Requirements**

**Prerequisites:**
EXNS 2111 Exercise Physiology I

**Required core courses:**
PUBH 6001 Biological Concepts/Public Hlth
PUBH 6002 Biostatistical Applic for PubH
PUBH 6003 Prin & Practice/Epidemiology
PUBH 6004 Environmental and Occupational Health in a Sustainable World
PUBH 6006 Mgt & Policy Approaches to PH
PUBH 6007 Social & Behavior Appr-Pub.Hlth

**Required department courses:**
EXNS 6202 Advanced Exercise Physiology I
EXNS 6203 Advanced Exercise Physiology II
EXNS 6208 Physical Activity: Physiology and Epidemiology
EXNS 6212 Exercise in Selected Chronic Diseases

**Required program-specific courses:**
Select Option A or B

Option A: Epidemiology option
PUBH 6247 Design of Health Studies
PUBH 6249 StatPackages/DataMgt&DataAnlys
PUBH 6252 Advanced Epidemiology Methods

Option B: Program design and evaluation option
PUBH 6500 Planning and Implementing Health Promotion Programs
PUBH 6501 Program Evaluation
PUBH 6502 Practical Data Analysis: PCH
PUBH 6503 Introduction to Public Health Communication & Marketing

**Sample electives:**
6 elective credits (5 credits in EXNS or PUBH):
EXNS 6242 Nutrition Throughout the Life Cycle
PUBH 6260 Adv DataAnalysis-Public Health
PUBH 6262 Intro-Geog Information Systems
PUBH 6536 Workplace Health Promotion
PUBH 6556 Maternal & Child Nutrition
PUBH 6560 School Health and Safety

**Practicum and culminating experience courses:**
PUBH 6014 Practicum
PUBH 6015 Culminating Experience

**Graduation Requirements**
1. Graduate credit requirement: 45 graduate credits
2. Course requirements: Successful completion of core and program-specific courses
3. Grade point requirement: 3.0 (B average) overall grade point average
4. Time limit requirement: The degree must be completed within four years.
5. Transfer credit policy: Up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the Master of Public Health program. Up to 18 credits may be transferred to the Master of Public Health from the SPH graduate certificate. Credits must have been earned from an accredited institution in the last 3 years with a grade point of 3.0 or better.