MASTER OF PUBLIC HEALTH IN
THE FIELD OF PHYSICAL ACTIVITY
IN PUBLIC HEALTH

Program Director and Advisor: L. DiPietro

Mission Statement
The sedentary lifestyle and its consequent metabolic and cardiovascular complications now assume 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 program 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 the MPH in the field of physical activity in public health are to ensure that 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.
• Appreciate the role of public health policy in altering physical activity patterns at the community level.

Visit the program website (https://publichealth.gwu.edu/programs/physical-activity-public-health-mph/) for additional program information.

ADMISSIONS

Deadlines:
Fall – March 15 (Applications must be complete by December 15 for priority scholarship consideration); January 15 (International applicants)
Spring – October 1
Summer – December 15

Individuals interested in applying to this program should submit their application and supporting documents through SOPHAS (http://www.sophas.org/), a general online application for Schools of Public Health. A graduated fee is charged for this application, depending on the number of accredited schools to which you apply.

Standardized test scores: GRE general test (institutional code 5268), LSAT, MCAT, or GMAT. Not required for Fall 2021 application, although students may submit their scores if they feel it would be beneficial.

Recommendations required: Two (2) recommendations

Prior academic records: Transcripts are required from all colleges and universities attended, whether or not credit was earned, the program was completed, or the credit appears as transfer credit on another transcript. Transcripts must be forwarded to SOPHAS in their original sealed envelopes directly from the institution. Official transcripts from institutions outside the United States must be accompanied by an official transcript evaluation from an accredited independent evaluating agency. Please be sure you request a detailed evaluation that includes all course titles, credit hours, grade-point average (GPA), United States degree equivalency, and date of degree conferral. For a list of acceptable foreign credential evaluation services (http://www.naces.org/members/).
Statement of purpose: In no more than 1500 words, state your purpose in undertaking graduate study in your chosen field. Include your academic objectives, research interests, and career plans. Also discuss your related qualifications, including collegiate, professional, and community activities, and any other substantial accomplishments not already mentioned in the application. The Committee reviews your Statement of Purpose to determine your motivation for pursuing a career in public health.

International applicants only: Please review International Applicant Information (http://graduate.admissions.gwu.edu/international-applicants/) carefully for details on required documents, earlier deadlines for applicants requiring an I-20 GW, and English language requirements. Detailed documentation needed for this program is available here (https://publichealth.gwu.edu/admissions/graduate-admissions/).

PLEASE NOTE that all programs in the Milken Institute School of Public Health require the following minimum English language test scores for admission:

- Academic IELTS: an overall band score of 7.0 with no individual band score below 6.0.
- TOEFL: 100 on Internet-based.

Supporting documents not submitted online should be mailed to:
Office of Admissions
Suite 200
Milken Institute School of Public Health
950 New Hampshire Ave. NW
Washington, DC 20052

Contact for questions:
GWSPHadmit@gwu.edu ~ 202-994-2160 (phone)
http://publichealth.gwu.edu/admissions/
9:00 am - 5:00 pm, Monday through Friday

REQUIREMENTS

Students choose one of the following concentrations:
Option A: Epidemiology
Option B: Program Design and Evaluation

The following requirements must be fulfilled: 45 credits, including, depending on the concentration: 15 to 17 credits
in core courses, 19 to 22 credits in program-specific courses, 
6 to 7 credits in elective courses, and a 2-credit culminating 
experience.

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<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>EXNS 2111</td>
<td>Exercise Physiology I</td>
<td>4</td>
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**Required**

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<tr>
<th>Core courses</th>
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<tr>
<td>PUBH 6000 MPH Applied Practice Experience</td>
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<tr>
<td>PUBH 6002 Biostatistical Applications for Public Health</td>
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<td>PUBH 6003 Principles and Practices of Epidemiology</td>
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<td>PUBH 6007 Social and Behavioral Approaches to Public Health</td>
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<tr>
<td>PUBH 6009 Fundamentals of Public Health Program Evaluation (students following Option B [below] do not take PUBH 6009)</td>
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<tr>
<td>PUBH 6011 Environmental and Biological Foundations of Public Health</td>
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<td>PUBH 6012 Fundamentals of Health Policy</td>
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<td>PUBH 6021 Essentials of Public Health Practice and Leadership I</td>
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<tr>
<td>PUBH 6022 Essentials of Public Health Practice and Leadership II</td>
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<td>PUBH 6023 Interprofessional Education Experience</td>
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<td>PUBH 6015 Culminating Experience</td>
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**Departmental courses**

| EXNS 6202 Advanced Exercise Physiology I (Departmental Courses) | 0-3     |
| EXNS 6203 Advanced Exercise Physiology II | 0-3     |
| EXNS 6208 Physical Activity: Physiology and Epidemiology | 2       |
| PUBH 6620 Designing Healthy Communities | 2       |

**Program-specific: All courses in either Option A or Option B**

**Option A: Epidemiology (9 credits)**

| PUBH 6247 Epidemiologic Methods I: Design of Health Studies | 3       |

**Option B: Program design and evaluation (12 credits)**

| PUBH 6500 Planning and Implementing Health Promotion Programs | 3       |
| PUBH 6501 Program Evaluation | 3       |
| PUBH 6503 Introduction to Public Health Communication and Marketing | 3       |
| EXNS 6204 Biostatistical Methods and Research Design | 3       |

**Electives**

For Option A, 7 credits; for Option B, 6 credits. Taken in any gradual-level GW course.

**MPH graduation requirements**

1. Graduate credit requirement: 45 graduate credits.
2. Course requirements: Successful completion of core and program-specific courses.
3. Practicum Requirement: Students are required to fulfill all requirements of the Applied Practice Experience (Practicum) to receive credit for PUBH 6000 MPH Applied Practice Experience.
4. Interprofessional Education Experience (IPE): Students are required to enroll and participate in an authorized IPE activity (PUBH 6023 Interprofessional Education Experience).
5. Minimum grade-point requirement: minimum 3.0 (B) cumulative grade-point average.
6. Time limit requirement: The degree must be completed within five years.
7. Transfer credit policy: With approval, up to 12 graduate credits that have not been applied to any previous graduate degree may be transferred to the master of public health program. External credits must have been earned from an accredited institution in the last three years with a minimum grade of 3.0 (B) in each course. Students in SPH graduate certificate programs can transfer as many credits earned toward the certificate to the MPH degree as meet MPH degree requirements, to a maximum of 18 credits.
8. Graduate certificate students wishing to transfer to a degree program may apply to do so after completion of three or more courses with a cumulative GPA of 3.0 via the online change of concentration petition (https://publichealth.gwu.edu/academics/forms/). A minimum grade of B is required for a specific course to be eligible for transfer.
9. CITI Training requirement: All students are required to complete training regarding human subject protection regulation and the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

10. Integrity Quiz and Plagiarism requirement: All students are required to review the George Washington University Code of Academic Integrity (https://studentconduct.gwu.edu/code-academic-integrity/) and take the SPH Academic Integrity Quiz at GWSPH Source (https://source.publichealth.gwu.edu/user/login/?destination=node/193) within their first semester of study.

11. Professional Enhancement requirement: Students must participate in eight hours of public health-related lectures, seminars, and symposia, related to their field of study.

**COMBINED PROGRAM**

- Joint Master of Public Health or SPH graduate certificate and Juris Doctor or Master of Laws (http://bulletin.gwu.edu/public-health/jd-mph/)