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 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 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 this MPH program in the Department of Exercise and Nutrition Sciences 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.

Specific admission requirements are shown on the Graduate Program Finder. (http://www.gwu.edu/all-graduate-programs)

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

REQUIREMENTS
The following requirements must be fulfilled: 45 credits, including 15 credits in core courses, 19 to 20 credits in departmental and program-specific courses, 6 to 7 credits in elective courses, a 2-credit practicum, and a 2-credit culminating experience.*

Program Requirements

<table>
<thead>
<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>
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Prerequisites:

Required

Core courses:

- PUBH 6001  Biological Concepts in Public Health
- PUBH 6002  Biostatistical Applications for Public Health
- PUBH 6003  Principles and Practices of Epidemiology
- PUBH 6004  Environmental and Occupational Health in a Sustainable World
- PUBH 6006  Management and Policy Approaches to Public Health
- PUBH 6007  Social and Behavioral Approaches to Public Health

Departmental courses:

- EXNS 6202  Advanced Exercise Physiology I
- EXNS 6203  Advanced Exercise Physiology II
- EXNS 6208  Physical Activity: Physiology and Epidemiology
- PUBH 6620  Designing Healthy Communities

Program-specific courses—select Option A or B:

Option A: Epidemiology option

- PUBH 6247  Design of Health Studies
- PUBH 6249  Use of Statistical Packages: Data Management and Data Analysis
- 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 6503  Introduction to Public Health Communication and Marketing

* Master of Public Health in the Field of Physical Activity in Public Health
Electives

6 to 7 credits in elective courses; these may be any GW graduate-level courses. Sample electives include:

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>EXNS 6242</td>
<td>Nutrition Throughout the Life Cycle</td>
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<tr>
<td>PUBH 6260</td>
<td>Advanced Data Analysis for Public Health</td>
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<tr>
<td>PUBH 6262</td>
<td>Introduction to Geographic Information Systems</td>
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<tr>
<td>PUBH 6536</td>
<td>Workplace Health Promotion</td>
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<tr>
<td>PUBH 6556</td>
<td>Maternal and Child Nutrition</td>
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<tr>
<td>PUBH 6560</td>
<td>School Health and Safety</td>
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Practicum and culminating experience:

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<th>Course Title</th>
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<tbody>
<tr>
<td>PUBH 6014</td>
<td>Practicum</td>
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<tr>
<td>PUBH 6015</td>
<td>Culminating Experience</td>
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*Program requirement changes as of spring 2018: combined departmental and program-specific course credit requirement changed to 19 to 20 credits (was 20 credits); elective course credit requirement changed to 6 to 7 credits (was 6 credits).

Graduation Requirements

1. Graduate credit requirement: 45 graduate credits.
2. Course requirements: Successful completion of core and program-specific courses.
3. Minimum 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. External credits must have been earned from an accredited institution in the last three years with a minimum grade (or grade-point average) of B (3.0) or above. SPH graduate certificate students can transfer as many credits as meet program requirements—up to 18 credits—to the MPH degree. Graduate certificate students wishing to transfer to a degree program may apply to do so via the online change of concentration petition after completion of three or more courses and a cumulative GPA of 3.0 or above. A grade of B or above is required for a course to be eligible for transfer.