

PHYSICAL ACTIVITY AND PUBLIC HEALTH, M.P.H.

Learning Outcomes

- Students will be able to explain the physiological responses to an acute bout of exercise and the physiological adaptations to chronic aerobic and resistance exercise.
- Students will be able to explain the health effects of physical activity and the scientific basis for current public health physical activity guidelines for persons in varying demographic groups.
- Students will be able to apply evidence-based strategies to develop a physical activity intervention.
- Students will be able to evaluate an evidence-based physical activity intervention.
- Students will be able to differentiate among and appropriately use measurement and surveillance techniques to assess physical activity at the population level.

Degree Requirements (45 Hours)

Courses

Course	Title	Credits
PUBH 725	Quantitative Methods for Public Health Practice	5
PUBH 726	Qualitative Methods for Public Health Practice	3
PUBH 730	Public Health Systems, Policy, and Leadership	3
PUBH 735	Practical Applications of Public Health Planning	4
PUBH 678	Transforming Health Care for the Future	1
EXSC 780	Physiology of Exercise	3
EXSC 700	Physical Activity and Health: Epidemiology, Research and Practice	3
EXSC 710	Behavioral Aspects of Physical Activity	3
EXSC 754	Community-Based Physical Activity Interventions	3
HPEB 710	Evaluation of Health Promotion Programs	3
EXSC 732	Measurement of Body Composition and Associated Health Behaviors	3
EXSC 796	MPH Capstone Course	2
EXSC 797	Public Health Practice	1-5
Select an elective		3