

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

Learning Outcomes

1. 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.
2. 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.
3. Students will be able to apply evidence-based strategies to develop a physical activity intervention.
4. Students will be able to evaluate an evidence-based physical activity intervention.
5. Students will be able to differentiate among and appropriately use measurement and surveillance techniques to assess physical activity at the population level.

Admission Requirements

- A four-year baccalaureate degree or its equivalent in exercise science, kinesiology, biology, chemistry, pre-med, nutrition, health sciences, physiology, psychology, public health, physical therapy, medical doctor from an accredited institution
- Academic prerequisites: Human Anatomy and Physiology
- Grade point average of 3.00/4.00 or higher
- GRE is not required but recommended
- For international students, a satisfactory score on the Test of English as a Foreign Language (TOEFL) - minimum score of 80 internet-based, 230 computer-based, or 570 paper-based or the International English Language Testing System (IELTS) Academic Course Type 2 exam - minimum overall band score of 6.5. This requirement may be waived for applicants that have earned a prior degree from a US institution.

Application Requirements

- Resume or CV
- Statement of Purpose and Objectives describing your academic interests, relevant work experiences, academic/professional goals and objectives
- At least three letters of recommendation from academic and/or professional sources (at least one of these letters must be from an academic source)
- Official transcripts from all schools or colleges previously attended
- Non-US institution transcripts must be verified by World Education Services (WES) or equivalent evaluation service. Please submit a comprehensive course-by-course evaluation (WES ICAP)
- GRE scores - not required but recommended
- TOEFL or IELTS scores are required for those whose native language is not English

Degree Requirements (45 Hours)

Courses

Course	Title	Credits
PUBH 724	Quantitative Methods for Public Health Practice I	3
PUBH 725	Quantitative Methods for Public Health Practice II	3

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
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