

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

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## 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
<b>Total Credit Hours</b>		<b>40-44</b>