

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.