

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.