

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise and Nutrition Sciences

Master of Public Health Physical Activity in Public Health Academic Year 2026-2027

Residential Program

All curriculum revisions will be updated immediately on the website
<http://www.publichealth.gwu.edu>

Director:

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Program Mission Statement:

The sedentary lifestyle and its consequent metabolic and cardiovascular complications now assumes a considerable public health burden in the United States. Indeed, the promotion of physical activity for people of all ages has become a top priority on public health agenda around the world. The mission of the Master of Public Health (MPH) degree from the Department of Exercise and Nutrition Sciences is to develop and train graduate students to integrate physical activity into the core of public health practice. The program encompasses an ecological perspective to the role of physical activity in the etiology, prevention and treatment of chronic disease at the community, national, and global levels. Further, this program is designed to train students as public health scientists and practitioners in order to assist public and private agencies with program development and evaluation with regard to physical activity, health promotion and disease prevention.

Program Competencies:

1. Describe the role of physical activity in the health and function of the general population.
2. Explain various physiological and psychosocial mechanisms that mediate the relation between physical inactivity and chronic disease morbidity and mortality.
3. Design physical activity interventions that are consistent with current social and behavioral theories.
4. Perform physical activity assessments using state-of-the-art technology.
5. Apply statistical and epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level.
6. Design and evaluate interventions for improving physical activity at the community and population levels.
7. Integrate the science and practice of exercise science and public health in promoting an active lifestyle at the community and population levels.

Program Requirements:

All Milken Institute School of Public Health (SPH) MPH students who select the Physical Activity in Public Health program enroll in Core Courses (19 credits), Program-Specific Courses (19 credits), and Tailored Electives (7 credits). Tailored Elective Courses include options to focus in Epidemiology, or Program Design and Evaluation. The curriculum sheets that follow describe the requirements for the MPH in Physical Activity.

Degree Requirements:

All students accepted to this MPH program must follow the policies and regulations outlined in the [GW Bulletin](#) and the [GWSPH Student Handbook](#). This includes, but is not limited to:

MPH Physical Activity in Public Health/AY 2026-2027
DiPietro
Residential Program

- Minimum Grade Point Average (GPA)
- Minimum Course Grades
- Continuous Enrollment
- Maximum Time to Degree
- Required Minimum Degree Credits
- Transfer Credit Policy
- CITI Training
- Integrity Quiz and Plagiarism
- Professional Enhancement (PE) Hours
- Interprofessional Education (IPE) Experience
- Applied Practice Experience (Practicum)
- Culminating Experience (e.g., CE)

Required Coursework: The following courses are used to address the Program Competencies

Competency number	Relevant courses
1	EXNS 6202, 6203, 6208; PUBH 6620, 6015, and APEx
2	EXNS 6202, 6203, 6208; PUBH 6015, and APEx
3	EXNS 6208; PUBH 6500, 6015, and APEx
4	EXNS 6202, 6203, 6208; PUBH 6015 and APEx
5	EXNS 6204; PUBH 6247 6015, and APEx
6	EXNS 6208; PUBH 6620, 6247, 6500, 6015, and APEx
7	EXNS 6208; PUBH 6620, 6500, 6015, and APEx

Additional Course Requirements – Prerequisite

(Does not count toward 45 credits required for MPH)

Must be taken prior to EXNS 6202, 6203, and 6208

		Credits	Semester Offered	Grade
EXNS 3311	Exercise Physiology I	3	Fall	
Core Courses				
PUBH 6002	Biostatistical Applications for Public Health	3	Fall, Spring, Summer	
PUBH 6003	Principles & Practice of Epidemiology	3	Fall, Spring, Summer	
PUBH 6007	Social & Behavioral Approaches to Public Health	2	Fall, Spring, Summer	
PUBH 6009	Fundamentals of Program Evaluation	2	Fall, Spring, Summer	
PUBH 6011	Environmental & Biological Fundamentals of Public Health	3	Fall, Spring, Winter	
PUBH 6012	Fundamentals of Health Policy	2	Fall, Spring, Summer	
PUBH 6021	Essentials of Public Health Practice & Leadership 1	1	Fall, Spring, Summer	
PUBH 6022	Essentials of Public Health Practice & Leadership 2	1	Fall, Spring, Summer	
PUBH 6023	Interprofessional Education Experience	0	Fall, Spring, Summer	
PUBH 6000	MPH Applied Practice Experience	0	Fall, Spring, Summer	
PUBH 6015	Culminating Experience	2	Fall, Spring, Summer	
Total	Core Credits	19		
Program-Specific Courses				
EXNS 6202	Advanced Exercise Physiology 1	3	Fall	
EXNS 6203	Advanced Exercise Physiology 2	3	Spring	
EXNS 6208	Physical Activity in Public Health	2	Spring	
PUBH 6620	Design of Healthy Communities	2	Spring	
EXNS 6204	Biostatistical Methods & Research Design	3	Fall	
PUBH 6500	Planning & Implementing Health Promotion Programs	3	Fall/Spring	
PUBH 6247	Epidemiologic Methods I: Design of Health Studies	3	Fall/Spring	
Total	Program-Specific Credits	19		
Electives (7 credits)				
Any GW graduate level courses.				
Students may wish to tailor their electives toward a focus on Epidemiology or Program Design & Evaluation				
Sample list below:				
PUBH 6252	Epidemiology Methods II: Advanced Epidemiology Methods	3	Fall, Spring	
PUBH 6260	Advanced Data Analysis	3	Fall	
PUBH 6853	Use of SAS for Data Management & Analysis	3	Fall, Spring	
PUBH 6262	Introduction to Geographic Information Systems	1	Summer	
PUBH 6501	Program Evaluation	3	Fall, Spring	
PUBH 6503	Introduction to Public Health Communication & Marketing	3	Fall, Spring	
PUBH 6502	Practical Data Analysis for Prevention & Community Health	1	Fall, Spring, Summer	
PUBH 6235	Epidemiology of Obesity	1	Summer	
PUBH 6562	Physical Activity & Obesity Interventions: From the Individual to the Environment	2	Summer	
TOTAL	Elective Credits	7		

Course Distribution	Credits		
Public Health Core Courses	19		
Program-Specific Courses	19		
Electives	7		
Total Degree Credits	45		

Course Descriptions and Registration information can be found on the website:
<http://publichealth.gwu.edu/academics/>.

Sample Schedule for MPH in Physical Activity in Public Health

Fall Semester 1

<u>Course Number C</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6002	Biostatistical Applications for Public Health	3 credits
PUBH 6003	Principles & Practice of Epidemiology	3 credits
PUBH 6009	Fundamentals of Program Evaluation	2 credits
EXNS 6202	Advanced Exercise Physiology I	3 credits
PUBH 6021	Essentials of Public Health Practice & Leadership 1	1 credit

TOTAL CREDITS: 12

Spring Semester 1

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6007	Social & Behavioral Approaches to Public Health	2 credits
PUBH 6012	Fundamentals of Health Policy	2 credits
EXNS 6203	Advanced Exercise Physiology II	3 credits
EXNS 6208	Physical Activity in Public Health	2 credits
PUBH 6022	Essentials of Public Health Practice & Leadership 2	1 credit

TOTAL CREDITS: 10

Summer 1

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6011	Env & Biol Fundamentals in Public Health	3 credits
PUBH 6000	Applied Practice Experience (Practicum)	0 credits

TOTAL CREDITS: 3

Fall Semester 2

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6247	Epidemiology Methods I: Design of Health Studies	3 credits
PUBH 6023	Interprofessional Education Experience (IPE)	0 credits
EXNS 6204	Biostatistical Methods & Research Design	3 credits
PUBH 6500	Planning & Implementing Health Promo Programs	3 credits
	Electives	2 credits

TOTAL CREDITS: 11

Spring Semester 2

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6620	Design of Healthy Communities	2 credits
PUBH 6015	Culminating Experience	2 credits
	Electives	5 credits

TOTAL CREDITS: 9