

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise Science

Master of Public Health and Graduate Certificate Physical Activity in Public Health Academic Year 2014-2015

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

Program Director

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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 Science 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.

Goals

The goals of this MPH program in the Department of Exercise Science are to ensure graduates:

- Understand the pathophysiology of selected chronic disease processes;
- Understand exercise physiology and the role of physical activity and exercise in health promotion and disease prevention;
- Develop skills in physical activity assessment using state-of-the-art technology;
- Utilize epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level;
- Develop skills in designing, implementing, and evaluating interventions for improving physical activity at the community level;
- Appreciate the role of public health policy in altering physical activity patterns at the community level.

Course Requirements

All Milken Institute School of Public Health (SPH) MPH students who select the Physical Activity in Public Health program enroll in Core Courses (15 credits), Program-Specific Courses (20 credits), and Electives (6 credits). Program-Specific Courses include options to focus in Epidemiology, or Program Design and Evaluation. The 45 credit degree program also includes a Practicum (2 credits) and a Culminating Experience (2 credits). The curriculum sheets that follow describe the requirements for the MPH in Physical Activity.

Program Specific Competencies

Upon completion of the MPH in Physical Activity in Public Health, students will possess the following functional competencies:

- **Integrate physical activity within the core functions of public health.**
Students will be able to describe how the promotion of an active lifestyle can be accomplished within the various disciplines of public health. [EXSC 6208]
- **Apply evidence-based knowledge and understanding of the relation of physical activity to health and function across the life-span.**
Students will be able to describe the role of physical activity in the health and function of the general population. Students will be able to describe various physiological and psychosocial mechanisms that mediate the relation between physical inactivity and chronic disease morbidity and mortality. [EXSC 6202, 6203, 6208, 6212]
- **Utilize social and behavioral theories in physical activity and other health promotion programs.**
Students will be able to understand and to apply various theories of social and behavioral change in understanding physical activity adoption and maintenance. Students will demonstrate skills in the design of physical activity interventions that are consistent with the social and behavioral theories. [EXSC 6208; PubH 6500, 6501, 6503]
- **Evaluate the impact of physical activity and sedentary behavior at the community level.**
Students will be able to use ecological methods to evaluate the association between patterns of physical activity and sedentary living within a community and various pediatric and adult indicators of health in that same community. Students will be able to describe ways of altering the built environment of a given community in order to promote more active living. [EXSC 6208; PubH 6252, 6501]
- **Design, implement, and evaluate physical activity interventions in a variety of age groups and community settings.**
Students will understand the various dimensions of physical activity and their specific relevance to the health needs of different age groups. Students will apply their knowledge of intervention design and implementation to promote physical activity in the school, workplace, community, and home setting. Students will apply their knowledge of social and behavior changes, as well as their skills in biostatistics and epidemiology, to evaluate the success of their interventions. [PubH 6247, 6249, 6252, 6500, 6501]
- **Work with other public health professionals to promote physical activity research, practice, and policy at the community, state, or federal level.**
Students will apply their competencies from the above-referenced list to integrate the science and practice of public health in working with a variety of traditional and non-traditional public health partners. [PubH 6503; EXSC 6208, 6212]

Please see the curriculum sheets that follow.

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Master of Public Health Physical Activity in Public Health Academic Year 2014-2015

Program-at-a-Glance

Additional Course Requirements – Prerequisites

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

		Credits	Semester Offered	Grade
EXSC 2111	Exercise Physiology I	3	Fall	

Core Courses

PUBH 6001	Biological Concepts for Public Health	2	Fall, Spring, Summer	
PUBH 6002	Biostatistical Applications for Public Health	3	Fall, Spring, Summer	
PUBH 6003	Principles and Practice of Epidemiology	3	Fall, Spring, Summer	
PUBH 6004	Environmental and Occupational Health in a Sustainable World	2	Fall, Spring, Summer	
PUBH 6006	Management and Policy Approaches to Public Health	3	Fall, Spring, Summer	
PUBH 6007	Social and Behavioral Approaches to Public Health	2	Fall, Spring, Summer	
Total	Core Credits	15		

Program-Specific Courses (choose Option A or B)

EXSC 6202	Advanced Exercise Physiology 1	3	Fall	
EXSC 6203	Advanced Exercise Physiology 2	3	Spring	
EXSC 6208	Physical Activity: Physiology and Epidemiology	2	Spring	
EXSC 6212	Exercise in Selected Chronic Diseases	3	Spring	
Option A	Epidemiology option			
PUBH 6247	Design of Health Studies	3	Fall, Spring	
PUBH 6249	Use of Statistical Packages for Data Management and Data Analysis	3	Fall, Spring	
PUBH 6252	Advanced Epidemiologic Methods	3	Fall, Spring	
Option B	Program Design and Evaluation option			
PUBH 6500	Planning and Implementing Health Promotion Programs	3	Fall, Spring	
PUBH 6501	Evaluation of Health Promotion/Disease Prevention Programs	3	Fall, Spring	
PUBH 6503	Introduction to Public Health Communication and Marketing	3	Fall, Spring	
Total	Program-Specific Credits	20		

Sample Electives (6 credits in EXSC or PUBH- any SPPHS course approved by advisor)

EXSC 6242	Nutrition Across the Lifespan	3	Spring	
PUBH 6246	Injury Epidemiology and Prevention	2	Fall	
PUBH 6260	Advanced Data Analysis	3	Fall	
PUBH 6262	Introduction to Geographic Information Systems	1		
PUBH 6536	Workplace Health Promotion	2	Spring (alternate years)	
PUBH 6556	Maternal and Child Nutrition	1-2	Spring (2) Summer (1)	
PUBH 6502	Practical Data Analysis for Prevention and Community Health	1	Fall, Spring, Summer	

Total	Elective Credits	6		
PUBH 6014	Practicum	2	See Advisor	
PUBH 6015	Culminating Experience	2	See Advisor	
Course Distribution		Credits		
Public Health Core Courses		15		
Program-Specific Courses		20		
Electives		6		
Practicum		2		
Culminating Experience		2		
Total Degree Credits		45		

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

Graduation Requirements MPH

1. **Graduate Credit Requirement.** 45 graduate credits are required.
2. **Course Requirements.** Successful completion of the Core Courses and the Program-Specific Courses are required.
3. **Grade Point Requirement.** A 3.0 (B average) overall grade point average is required.
4. **Time Limit Requirement.** The degree must be completed within four years.
5. **Transfer Credit Policy.** Up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the MPH. Up to 18 credits may be transferred to the MPH from the Milken Institute SPH Graduate Certificate. Credits must have been earned from an accredited institution in the last 3 years with a grade point of 3.0 or better.

Graduation Requirements Graduate Certificate Program

1. **Graduate Credit Requirement.** 18 graduate credits are required.
2. **Graduate Credit Requirement for students enrolled concurrently in a Milken Institute SPH Degree Program.** 12 credits are required.
3. **Advising.** The Program Director/Advisor must pre-approve all course selections and course sequencing by developing a “program of study” prior to the student’s initial registration. Graduate Certificate students meet with their advisor each semester before registration. All changes in this program of study must be pre-approved by the Program Director/Advisor.
4. **Course Requirements.** Since most graduate certificate students are currently enrolled in an MPH program or have previously earned a graduate degree, most course credits will be selected from the program-specific course list. Under no circumstances may a certificate student enroll in fewer than 9 credits of program-specific courses.
5. **Grade Point Requirement.** A 3.0 (B average) overall grade point average or better is required.
6. **Time Limit Requirement.** The certificate must be completed within 2 years.
7. **Transfer Credit Policy.** The Program Director/Advisor may approve up to 4 graduate credits that have not been applied to a previous graduate degree to be transferred to the graduate certificate. The course(s) must be relevant to the graduate certificate. Credits must have been earned from an accredited institution in the last 3 years with a grade point of 3.0 or better.

Additional Certificate information including Federal Disclosures can be found on the Milken Institute SPH website:

<http://publichealth.gwu.edu/academics/graduate/certificates>

