Exercise Science - Core Competencies

1. Integrate physical activity within the core functions of public health;

2. Apply evidence-based knowledge and understanding of the relation of physical activity to health and function across the life-span;

3. Utilize social and behavioral theories in physical activity and other health promotion programs;

4. Evaluate the impact of physical activity and sedentary behavior at the community level;

5. Design, implement, and evaluate physical activity interventions in a variety of age groups and community settings;

6. Work with other public health professionals to promote physical activity research, practice, and policy at the community, state, or federal level.