

## **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.**