

# 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 2018-2019

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 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.

#### Goals

The goals of this MPH program in the Department of Exercise and Nutrition Sciences 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:

*GOAL: To integrate evidence-based knowledge of the relation of physical activity to health and function across the life-span.*

- Students will demonstrate knowledge and understanding of the pathophysiology of selected chronic disease processes. [Cognitive: levels 1 and 2]. Relevant Courses: EXNS 6202, 6203, 6208
- Students will demonstrate knowledge and understanding of the role of physical activity in the health and function of the general population. [Cognitive: levels 1 and 2]. Relevant Courses: EXNS 6202, 6203, 6208
- Students will demonstrate knowledge and understanding of various physiological and psychosocial mechanisms that mediate the relation between physical inactivity and chronic disease morbidity and mortality. [Cognitive: levels 1 and 2]. Relevant Courses: EXNS 6202, 6203, 6208

*GOAL: To utilize social and behavioral theories in designing physical activity and other health promotion programs.*

- Students will apply various theories of social and behavioral change in patterns of physical activity adoption and maintenance. [Cognitive: level 3; Affective: levels 3 and 4]. Relevant Courses: EXNS 6208, PUBH 6014, PUBH 6015. For students in the Option B (Program Design & Evaluation), add: PUBH 6500, 6501.
- Students will demonstrate skills in the design of physical activity interventions that are consistent with these social and behavioral theories. [Cognitive: levels 3-5]. Relevant Courses: EXNS 6208, EXNS 6212, PUBH 6014, PUBH 6015. For students in the Option B (Program Design & Evaluation), add: PUBH 6500, 6501.

*GOAL: To integrate physical activity within the core functions of public health.*

- Students will demonstrate skills in physical activity assessment using state-of-the-art technology. [Cognitive: level 3; Affective: level 3; Psychomotor: level 4]. Relevant Courses: EXNS 6202, 6203, 6208, PUBH 6014, 6015.
- Students will apply epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level. [Cognitive: level 3]. Relevant Courses: EXNS 6208, 6212, PUBH 6014, 6015. For students in Option A (Epidemiology) , add: PUBH 6247, 6249, 6252.

- Students will design and evaluate interventions for improving physical activity at the community level. [Cognitive: levels 3-6]. Relevant Courses: EXNS 6208, 6212, PUBH 6014, 6015. For students in Epidemiology concentration, add: PUBH 6247, 6252. For students in the Option B (Program Design & Evaluation) , add: PUBH 6500, 6501
- Students will appreciate the role of public health policy in altering physical activity patterns at the community level. [Affective: levels 3 and 4]. Relevant Courses: EXNS 6208, PUBH 6014. For students in the Option B (Program Design & Evaluation) , add: PUBH 6500.

*GOAL: To work with other public health professionals in promoting physical activity research, practice, and policy at the community, state, and federal level.*

- Students will integrate the science and practice of exercise science and public health in promoting an active lifestyle in the workplace, the school system, and within the community. [Cognitive: level 5; Affective: levels 3-6]. Relevant Courses: EXNS 6208, PUBH 6014. For students in the Option B (Program Design & Evaluation) add: PUBH 6500, 6501, 6503.
- Students will appreciate the role of both traditional and non-traditional public health partners in physical activity promotion. [Cognitive: level 2; Affective; levels 3 and 4]. Relevant Courses: EXNS 6208, PUBH 6014.
- Students will design public health policy that can alter physical activity patterns across multiple settings. [Cognitive: levels 3-5; Affective: levels 3 and 4]. Relevant Courses: EXNS 6208, PUBH 6014.

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## Department of Exercise and Nutrition Science

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#### Program-at-a-Glance

#### Additional Course Requirements – Prerequisites

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

		Credits	Semester Offered	Grade
EXNS 2111	Exercise Physiology I	3	Fall	
<b>Core Courses</b>				
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	
<b>Total</b>	<b>Core Credits</b>	<b>15</b>		
<b>Program-Specific Courses (choose Option A or B)</b>				
EXNS 6202	Advanced Exercise Physiology 1	3	Fall	
EXNS 6203	Advanced Exercise Physiology 2	3	Spring	
EXNS 6208	Physical Activity: Physiology and Epidemiology	2	Spring	
EXNS 6620	Design of Healthy Communities	2	Spring	
<b>Option A</b>	<b>Epidemiology option</b>			
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	
<b>Option B</b>	<b>Program Design and Evaluation option</b>			
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	
EXNS 6621	Applied Data Analysis in EXNS	1		
<b>TOTAL</b>	<b>PROGRAM-SPECIFIC CREDITS</b>	<b>19 (A)- 20 (B)</b>		
<b>Sample Electives (6-7 credits in any GW graduate level courses)</b>				
EXNS 6242	Nutrition Across the Lifespan	3	Spring	
EXNS 6212	Exercise in Selected Chronic Diseases	3	Spring	
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	
<b>TOTAL</b>	<b>ELECTIVE CREDITS</b>	<b>6-7</b>		
PUBH 6014	Practicum	2	See Advisor	
PUBH 6015	Culminating Experience	2	See Advisor	
<b>Course Distribution</b>		<b>Credits</b>		
Public Health Core Courses		15		
Program-Specific Courses		19-20		
Electives		6-7		
Practicum		2		
Culminating Experience		2		
<b>Total Degree Credits</b>		<b>45</b>		

**Course Descriptions and Registration** information can be found on the website:

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

## Graduation Requirements

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. External credits must have been earned from an accredited institution in the last 3 years with a grade of 3.0 (B) or better. SPH Graduate Certificate students can transfer as many credits as meet program requirements, up to 18 credits, to the MPH. Graduate Certificate students wishing to transfer to a degree program may apply to do so via the online change of concentration petition after completion of 3 or more courses and a cumulative GPA of 3.0 or better. A grade of B or better is required for a course to be eligible for transfer.
6. **CITI Training requirement:** All students are required to complete training regarding human subject protection regulation and the Health Insurance Portability and Accountability Act of 1996 (HIPAA). To fulfill this requirement, you must complete the Collaborative IRB Training Initiative (CITI) Course in The Protection of Human Research Subjects.
7. **Integrity Quiz & Plagiarism requirement:** All students are required to review the George Washington University Code of Academic Integrity and take the quiz within their first semester of study. The Code of Integrity and step-by-step instructions can be found here: <http://publichealth.gwu.edu/integrity>
8. **Professional Enhancement requirement:** Students must participate in 8 hours per degree program of advisor pre-approved Public Health-related lectures, seminars, and symposia, related to your field of study. Professional Enhancement activities supplement the academic curriculum and help prepare students to participate actively in the professional community. Opportunities for professional enhancement are regularly publicized via the Milken Institute SPH Listserv and through your department or advisor. Students must submit documentation of Professional Enhancement activities to the Office of Student Records. The documentation consists of the Professional Enhancement Form <http://publichealth.gwu.edu/academics/forms> (which includes a prior approval signature from the student's advisor, a description of the program agenda, and proof of attendance. Remember to submit your documentation before you apply to graduate!

### Sample Schedule for MPH in Physical Activity in Public Health Sample 1 – Program Design and Evaluation Track

#### Fall Semester

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6002	Biostatistical Applications for Public Health	3 credits
PubH 6003	Principles and Practice of Epidemiology	3 credits
PubH 6007	Social and Behavioral Approaches to Public Health	2 credits
EXNS 6203	Advanced Exercise Physiology I	3 credits
TOTAL CREDITS: 11		

#### Spring Semester

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6006	Management & Policy Approaches to Public Health	3 credits
PubH 6500	Planning and Implementing Health Promotion Programs	3 credits
EXNS 6204	Advanced Exercise Physiology II	3 credits
EXNS 6208	Physical Activity: Physiology & Epidemiology	2 credits

TOTAL CREDITS: 11

**Summer**

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6001	Biological Concepts for Public Health	2 credits
PubH 6014	Practicum	2 credits
TOTAL CREDITS: 4		

**Fall Semester**

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6204	Environmental and Occupational Health	2 credits
PUBH 6501	Evaluation of Health Promotion/Disease Prevention Programs	3 credits
PUBH 6503	Introduction to Public Health Communication and Marketing	3 credits
	Elective	3 credits
TOTAL CREDITS: 11		

**Spring Semester**

EXNS 6212	Exercise in Selected Chronic Diseases	3 credits
PubH 6015	Culminating Experience	2 credits
	Elective	3 credits

TOTAL CREDITS: 8

**Sample Schedule for MPH in Physical Activity in Public Health  
Sample 2 – Epidemiology Track**

**Fall Semester**

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6002	Biostatistical Applications for Public Health	3 credits
PubH 6003	Principles and Practice of Epidemiology	3 credits
PubH 6007	Social and Behavioral Approaches to Public Health	2 credits
EXNS 6203	Advanced Exercise Physiology I	3 credits
TOTAL CREDITS: 11		

**Spring Semester**

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6006	Management & Policy Approaches to Public Health	3 credits
PubH 6249	Use of Statistical Packages for Data Management and Data Analysis	3 credits
EXNS 6204	Advanced Exercise Physiology II	3 credits
EXNS 6208	Physical Activity: Physiology & Epidemiology	2 credits
TOTAL CREDITS: 11		

**Summer**

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6001	Biological Concepts for Public Health	2 credits
PubH 6014	Practicum	2 credits
TOTAL CREDITS: 4		

**Fall Semester**

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PubH 6204	Environmental and Occupational Health	2 credits
PubH 6247	Design of Health Studies	3 credits
PubH 6252	Advanced Epidemiologic Methods	3 credits
	Elective	3 credits

TOTAL CREDITS: 11

**Spring Semester**

EXNS 6212	Exercise in Selected Chronic Diseases	3 credits
PubH 6015	Culminating Experience	2 credits
	Elective	3 credits

TOTAL CREDITS: 8