

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 2022-2023

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

Program Director

Loretta DiPietro, PhD, MPH

Professor

Department of Exercise and Nutrition Sciences

950 New Hampshire Ave, 2nd Floor

Washington, DC 20037

Phone: 202-994-4910

Email: ldp1@gwu.edu

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 (17-19 credits), Program-Specific Courses (20 credits), and Electives (6-8 credits). Program-Specific 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.

As an accredited School of Public Health, students in all GWSPH MPH programs are also required to fulfill both an interprofessional team experience and an applied practice experience. GWSPH has incorporated these requirements into the curriculum as follows:

Interprofessional Education (IPE) Experience (PUBH 6023):

MPH students are required to select an IPE experience from a host of options provided throughout enrollment to participate in a one-time, case-based or activity-based learning experience. The IPE experience is a way to actively participate in a supervised environment to work with people from other professions/programs outside of public health. Students are eligible to enroll in the IPE upon successful completion of most of the MPH core coursework including: PUBH 6002, 6003, 6007, 6011, 6012 and 6021. Students will have many opportunities to register for this zero-credit (no fee) IPE course (PUBH 6023- Interprofessional Education Experience) and will receive credit upon successful completion.

Applied Practice Experience (Practicum & EPR) (PUBH 6000):

The Applied Practice Experience (APEX) may be satisfied with either a practicum or, for experienced public health professionals, through an expedited portfolio review (EPR).

The practicum is a planned, supervised, and evaluated practice experience that aims to provide students with an opportunity to synthesize, integrate, and apply practical skills, knowledge, and training learned through courses, to gain applied experience in a professional public health work environment, and to work on public health practice projects that are of particular interest to you. Information about the Practicum will be introduced through school-wide Practicum Information Sessions held by the Office of Applied Public Health and through meetings with your department practicum staff and faculty.

During the practicum, you will work at least 120 hours in the field under the supervision of the site preceptor who has agreed to directly supervise the work you are conducting. Students are required to fulfill all requirements of the 120-hour practicum to receive credit for PUBH 6000.

If you have had prior work experience, then you will find that the practicum provides the opportunity to hone skills or to gain new experience in a different area. However, if you have substantial public health experience relevant to your department/track, including 5+ years of full-time public health work for students after receiving your undergraduate degree, or 3+ years of full-time work for students who already have a graduate degree prior to beginning the MPH, then you may be able to satisfy the APEX requirement through an EPR instead of doing the practicum, with advanced approval by your department's practicum team.

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. 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. 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. 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. Relevant Courses: EXNS 6208, PUBH 6007, PUBH 6009, PUBH 6500, PUBH 6501, APEX, PUBH 6015.
- Students will demonstrate skills in the design of physical activity interventions that are consistent with these social and behavioral theories. Relevant Courses: EXNS 6208, PUBH 6009, 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. Relevant Courses: EXNS 6202, 6203, 6208, APEX, PUBH 6015.
- Students will apply statistical and epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level. Relevant Courses: EXNS 6208, EXNS 6204, PUBH 6003, 6015. For students in Option A (Epidemiology), add: PUBH 6247, 6853, 6252, 6015.
- Students will design and evaluate interventions for improving physical activity at the community level. Relevant Courses: EXNS 6208, PUBH 6009, PUBH 6015. For students in Option A (Epidemiology), add: PUBH 6247, 6252. For students in the Option B (Program Design & Evaluation), add: PUBH 6500, and replace PUBH 6009 with PUBH 6501
- Students will appreciate the role of public health policy in altering physical activity patterns at the community level. Relevant Courses: EXNS 6208, PUBH 6620. 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. Relevant Courses: EXNS 6208, PUBH 6620, APEX. 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. Relevant Courses: EXNS 6208, PUBH 6620, PUBH 6503, APEX.
- Students will design public health policy that can alter physical activity patterns across multiple settings. Relevant Courses: EXNS 6208, PUBH 6620, APEX, PUBH 6015.

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Program at a Glance

Additional Course Requirement – 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 2111	Exercise Physiology I	3	Fall	
Core Courses				
PUBH 6000	MPH Applied Practice Experience	0	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 6007	Social and Behavioral Approaches to Public Health	2	Fall, Spring, Summer	
PUBH 6009	Fundamentals of Program Evaluation (<i>students following Option B: Program Design & Evaluation do not take this course</i>)	2	Fall, Spring, Summer	
PUBH 6011	Environmental & Biological Fundamentals of Public Health	3	Fall, Spring, Winter	
PUBH 6012	Fundamentals of Health Policy: Public Health and Health Care	2	Fall, Spring, Summer	
PUBH 6021	Essentials of Public Health Practice & Leadership & Practice 1: Leading Self and Teams in Public Health	1	Fall, Spring, Summer	
PUBH 6022	Essentials of Public Health Practice & Leadership 2: Managing Organizations & Influencing Systems in Public Health	1	Fall, Spring, Summer	
PUBH 6023	Interprofessional Education Experience	0	Fall, Spring, Summer	
PUBH 6015	Culminating Experience	2	Fall, Spring, Summer	
Total	Core Credits	19 Option A 17 Option B		
Program-Specific Courses (choose Option A or 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	
PUBH 6620	Design of Healthy Communities	2	Spring	
Option A	Epidemiology option			
PUBH 6247	Epi Methods I: Design of Health Studies	3	Fall, Spring	
PUBH 6252	Epi Methods II: Advanced Epidemiology Methods	3	Fall, Spring	
PUBH 6853	Use of Statistical Packages for Data Management and Data Analysis	3	Fall, Spring	
Option B	Program Design and Evaluation option			
PUBH 6500	Planning and Implementing Health Promotion Programs	3	Fall, Spring	
PUBH 6501	Program Evaluation	3	Fall, Spring	
PUBH 6503	Introduction to Public Health Communication and Marketing	3	Fall, Spring	
EXNS 6204	Biostatistical Methods and Research Design	3	Fall	
TOTAL	PROGRAM-SPECIFIC CREDITS	19 (A)- 22 (B)		

Electives (6-7 credits)- any GW graduate level courses				
Sample list below:				
EXNS 6242	Nutrition Across the Lifespan	3	Spring	
PUBH 6260	Applied Epidemiologic 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	7 (A) – 6 (B)		
Course Distribution		Credits		
Public Health Core Courses		19 (A) – 17 (B)		
Program-Specific Courses		19 (A) – 22 (B)		
Electives		7 (A) – 6 (B)		
Total Degree Credits		45		

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. **Practicum Requirement:** Students are required to fulfill all requirements of the Applied Practice Experience (PUBH 6000).
4. **Interprofessional Education Experience (IPE):** Students are required to enroll and participate in an authorized IPE activity (PUBH 6023).
5. **Grade Point Requirement:** A 3.0 (B average) overall grade point average is required.
6. **Time Limit Requirement:** The degree must be completed within five years.
7. **Transfer Credit Policy:** Up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the MPH upon approval. 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.
8. **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.
9. **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>
10. **Professional Enhancement requirement:** Students must participate in 8 hours per degree program of 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-Option B

Fall Semester 1

<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 6202	Advanced Exercise Physiology I	3 credits
PUBH 6021	Leading Self and Teams in Public Health	1 credit

TOTAL CREDITS: 12

Spring Semester 1

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6012	Fundamentals of Health Policy	2 credits
PUBH 6500	Planning & Implementing Health Promo Programs	3 credits
EXNS 6203	Advanced Exercise Physiology II	3 credits
EXNS 6208	Physical Activity: Physiology & Epidemiology	2 credits
PUBH 6022	Managing Organizations & Influencing Systems	1 credit

TOTAL CREDITS: 11

Summer 1

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6011	Env & Biol Fundamentals in Public Health	3 credits
	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 6501	Program Evaluation	3 credits
PUBH 6023	Interprofessional Education Experience (IPE)	0 credits
PUBH 6503	Introduction to PH Communication and Marketing	3 credits
EXNS 6204	Biostat Methods and Research Design	3 credits
	Electives	3 credits

TOTAL CREDITS: 12

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
	Elective	3 credits

TOTAL CREDITS: 7

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

Fall Semester 1

<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 6202	Advanced Exercise Physiology I	3 credits
PUBH 6021	Leading Self and Teams in Public Health	1 credits

TOTAL CREDITS: 12

Spring Semester 1

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6009	Fundamentals of Program Eval	2 credits
PUBH 6853	Use of Statistical Packages for Data Mgt & Data Analysis	3 credits
EXNS 6203	Advanced Exercise Physiology II	3 credits
EXNS 6208	Physical Activity: Physiology & Epidemiology	2 credits
PUBH 6022	Managing Organizations & Influencing Systems	1 credit

TOTAL CREDITS: 11

Summer 1

<u>Course Number</u>	<u>Course Name</u>	<u>Course Credits</u>
PUBH 6011	Env & Biol Fundamentals of Public Health	3 credits
	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 6012	Fundamentals of Health Policy	2 credits
PUBH 6247	Design of Health Studies	3 credits
PUBH 6252	Advanced Epidemiologic Methods	3 credits
	Elective	3 credits
PUBH 6023	Interprofessional Education Experience (IPE)	0 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
	2 Electives	4 credits

TOTAL CREDITS: 8