

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 2023-2024

Residential Program

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

Instructor(s)

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Program 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.

Program Competencies

- Describe the role of physical activity in the health and function of the general population.
- Explain various physiological and psychosocial mechanisms that mediate the relation between physical inactivity and chronic disease morbidity and mortality.
- Design physical activity interventions that are consistent with current social and behavioral theories.
- Perform physical activity assessments using state-of-the-art technology.
- Apply statistical and epidemiological methods to develop and test hypotheses pertaining to physical activity and health and disease outcomes at the population level.
- Design and evaluate interventions for improving physical activity at the community level.
- Integrate the science and practice of exercise science and public health in promoting an active lifestyle at the community and population levels.

Program 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:

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 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):

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.

Required Coursework: The following courses are used to address the Program Competencies

Competency number	Relevant courses
1	EXNS 6202, 6203, 6208; PUBH 6620, 6015, 6503, and APEX
2	EXNS 6202, 6203, 6208; PUBH 6015, and APEX
3	EXNS 6208; PUBH 6500, 6501, 6503, 6015, and APEX
4	EXNS 6202, 6203, 6208; PUBH 6015 and APEX
5	EXNS 6204; PUBH 6247, 6252, 6853, 6015, and APEX
6	EXNS 6208; PUBH 6620, 6247, 6252, 6500, 6501, 6015, and APEX
7	EXNS 6208; PUBH 6620, 6500, 6501, 6503, 6015, and APEX

Milken Institute School of Public Health <hr/> THE GEORGE WASHINGTON UNIVERSITY		Department of Exercise and Nutrition Science Master of Public Health Physical Activity in Public Health Academic Year 2023-2024 Program-at-a-Glance		
Option A – Epidemiology Option B – Program Design and Evaluation				
Additional Course Requirements – Prerequisite <i>(Does not count toward 45 credits required for MPH); Must be taken prior to EXNS 6202, 6203, and 6208</i>				
Course #	Course Name	Option A	Option B	Semester Offered
EXNS 2111	Exercise Physiology I	3	3	Fall
Core Courses (Option A – 19 credits; Option B – 17 credits)				
Course #	Course Name	Option A	Option B	Semester Offered
PUBH 6002	Biostatistical Applications for Public Health	3	3	Fall, Spring, Summer
PUBH 6003	Principles and Practice of Epidemiology	3	3	Fall, Spring, Summer
PUBH 6007	Social and Behavioral Approaches to Public Health	2	2	Fall, Spring, Summer
PUBH 6009	Fundamentals of Program Evaluation <i>(Option A students only)</i>	2		Fall, Spring, Summer
PUBH 6011	Environmental & Biological Fundamentals of Public Health	3	3	Fall, Spring, Winter
PUBH 6012	Fundamentals of Health Policy: Public Health and Health Care	2	2	Fall, Spring, Summer
PUBH 6021	Essentials of Public Health Practice & Leadership & Practice I	1	1	Fall, Spring, Summer
PUBH 6022	Essentials of Public Health Practice & Leadership II	1	1	Fall, Spring, Summer
PUBH 6023	Interprofessional Education Experience	0	0	Fall, Spring, Summer
PUBH 6000	MPH Applied Practice Experience	0	0	Fall, Spring, Summer
PUBH 6015	Culminating Experience	2	2	Fall, Spring, Summer
Total	Core Credits	19	17	
Program-Specific Courses				
Course #	Course Name	Option A	Option B	Semester Offered
EXNS 6202	Advanced Exercise Physiology 1	3	3	Fall
EXNS 6203	Advanced Exercise Physiology 2	3	3	Spring

EXNS 6208	Physical Activity: Physiology and Epidemiology	2	2	Spring
PUBH 6620	Design of Healthy Communities	2	2	Spring
PUBH 6247	Epidemiology Methods I: Design of Health Studies	3		Fall, Spring
PUBH 6252	Epidemiology Methods II: Advanced Epidemiology Methods	3		Fall, Spring
PUBH 6853	Use of Statistical Packages for Data Management and Data Analysis	3		Fall, Spring
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	22	
Electives - any GW graduate level courses				
<i>Sample list below</i>				
Course #	Course Name	Option A	Option B	Semester Offered
EXNS 6242	Nutrition Across the Lifespan	3	3	Spring
PUBH 6260	Advanced Data Analysis	3	3	Fall
PUBH 6262	Introduction to Geographic Information Systems	1	1	
PUBH 6536	Workplace Health Promotion	2	2	Spring (alternate years)
PUBH 6556	Maternal and Child Nutrition	1-2	1-2	Spring (2) Summer (1)
PUBH 6502	Practical Data Analysis for Prevention and Community Health	1	1	Fall, Spring, Summer
Total	Elective Credits	7	6	
Course Distribution		Option A Credits	Option B Credits	
Public Health Core Courses		19	17	
Program-Specific Courses		19	22	
Electives		7	6	
Total Degree Credits		45	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 (Practicum) to receive credit for 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 (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
PUBH 6000	MPH 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 Electives()	3 credits 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 Elective(s)	2 credits 3 credits
		TOTAL CREDITS: 7

TOTAL CREDITS: 45

**Sample Schedule for MPH in Physical Activity in Public Health
Sample 2 – Epidemiology (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 credit
		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 in Public Health	3 credits
PUBH 6000	MPH 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 6023	Interprofessional Education Experience (IPE)	0 credits
PUBH 6247	Design of Health Studies	3 credits
PUBH 6252	Advanced Epidemiologic Methods	3 credits
	Electives()	3 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
	Elective(s)	4 credits
		TOTAL CREDITS: 8

TOTAL CREDITS: 45