

# Master of PUBLIC HEALTH

Concentration in  
Physical Activity and Health



15-MONTH PROGRAM. 8-WEEK TERMS. 100% ONLINE.

## Help to Create Active & Healthy Communities.

NCWU's Master of Public Health (MPH) program, with a concentration in **Physical Activity and Health**, is designed to equip graduate students with the knowledge and skills to incorporate physical activity into the core of public health research, theory, and practice. In this program, students learn to identify, and intervene on, barriers to physical activity across diverse populations and settings, and to apply this knowledge towards the promotion of wellness and health equity.



### CONVENIENT

Take classes from anywhere! Balance work, home and school with this 100% online, accelerated 8-week term program.



### PRACTICAL

Students gain practical hands-on experience and obtain health-related national certifications as part of their MPH program at NCWU.



### AFFORDABLE

NC Wesleyan's graduate tuition rates are extremely competitive compared to other graduate schools in the U.S.



### EXPERIENCED

Our faculty has real-world professional experience to ensure you are challenged and supported through practical coursework.

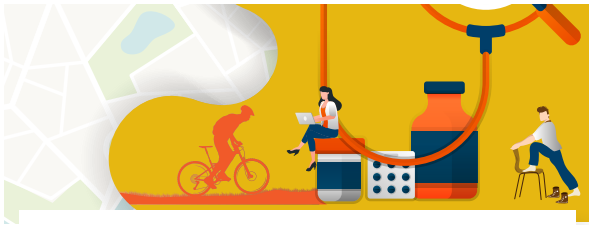
## LEARNING OUTCOMES:

*Graduate students in the MPH program will learn how to incorporate effective physical activity programs and policies into public health practice using their understanding of:*

- Health effects of physical activity
- The scientific basis for current public health physical activity guidelines for individuals across different age, sex, racial, and ethnic groups
- Major social determinants of health and their impacts on physical activity behavior
- Roles of multiple stakeholders in physical activity-based program planning, implementation, and evaluation
- Health behavior and its influence on physical activity participation and programming
- Measurement and surveillance techniques used to assess physical activity at the population level
- Application of epidemiological methods to a breadth of settings and situations in public health practice
- The core functions of public health
- Cultural competence in communicating public health content



Office of Adult &  
Professional Studies



### CAREER AREAS:

- University/College Health & Wellness
- Corporate Health & Wellness
- Transportation & Community Design
- Parks & Recreation
- Chronic Disease Prevention
- Policy & Environmental Change

### ADMISSIONS CRITERIA:

- An undergraduate degree\*
- Resume with two references (must be able to provide reference letters upon request)
- Complete a statement of purpose
- No GRE required
- Minimum undergraduate GPA of 2.7

*\*No prerequisite. A strong interest in, or background/education in public health or a related field is encouraged*

*Note: Graduate school applicants with a cumulative GPA of 2.5-2.7 may still be considered based upon other factors submitted in the application.*



**Apply Today!**  
Scan the QR code to fill out your **FREE** application.

We offer an **accelerated MPH (15-month program)** and an **extended MPH program (27-month program)**. The extended MPH program is designed to allow students to take one course per 8-week term, making it more flexible for working students.

## MASTER OF PUBLIC HEALTH CURRICULUM PLAN

MAJOR REQUIREMENTS	
Courses	Credits
PBH 500 - Foundations in Public Health	3
PBH 510 - Quantitative & Qualitative Methods in Public Health	3
PBH 520 - Epidemiology	3
PBH 525 - Public Health Policy, Management and Leadership	3
PBH 530 - Program Planning & Implementation	3
PBH 535 - Program Evaluation & Measurement	3
PBH 540 - Healthcare Systems & Public Health	2

PHYSICAL ACTIVITY AND HEALTH CONCENTRATION	
Courses	Credits
EXS 500 - Exercise Physiology in Context	3
EXS 600 - Assessment in Physical Activity & Health	3
PBH 515 - Physical Activity & Behavior	3
PBH 600 - Physical Activity & Public Health	3
PBH 610 - Community Physical Activity Interventions	3

**Experiential & Integrated Learning Courses:** Public Health Integrative Seminar, Internship\*\* & Professional Preparation (7 credits)

**Total Program Credit Hours: 42**

### NOTE:

Fall and Spring (year 1) MPH program classes can be taken by senior-level undergraduate students who have been accepted into the integrated 4+1 MPH program option.

*\*\*Accelerated MPH students will be assigned to take PBH 694: Public Health Internship during either Summer (year 1) or Fall (year 2) of their MPH program. Semester assignment for PBH 694 will be determined by the student's faculty advisor, in consultation with the MPH program director.*

### Integrated 4+1 MPH Option:

The Integrated 4+1 MPH allows undergraduate students from NCWU to graduate with both a bachelor's degree and a Master's in Public Health degree in five years (vs. the typical six years). This option is intended for highly motivated undergraduate students interested in pursuing an MPH degree after their undergraduate program. Students also save tuition dollars because they pay the undergraduate tuition rate for the first year of the MPH program.



Scan QR code to learn more.

For more information, contact:

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