PUBLIC HEALTH: PHYSICAL ACTIVITY AND HEALTH, MPH

Overview

for the degree of Master of Public Health in Public Health, Physical Activity and Health concentration

Public health is an interdisciplinary field that focuses on preventing disease and promoting health through science and social justice. Our nationally accredited MPH program offers foundational training in public health with a concentration in Physical Activity and Health. This concentration aims to equip students with the skills and knowledge necessary for physical activity surveillance, understanding correlates and determinants, assessing health outcomes, designing interventions, and developing policies to promote healthier, more active lifestyles across diverse populations. All students gain hands-on experience in real-world settings, preparing them for successful careers in public health.

Degree Requirements

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Code	Title	Hours
Core courses		
HK 408	Environmental Health	4
HK 410	Public Health Practice	4
HK 517	Principles of Epidemiology	4
HK 527	Biostatistics in Public Health	4
HK 530	Health Policy: United States	4
HK 534	Professionalism in Health Practice	2
HK 535	Applied Practice Experience	4
HK 536	Integrative Learning Experience	2
Total hours core courses		**28**
Concentration Core Courses		**12**
HK 570	Physical Activity Surveillance	4
HK 571	Physical Activity Determinants, Correlates, and Consequences	4
HK 572	Physical Activity Intervention & Policy	4
Concentration Courses of Choice (choose two from the following):		**8**
HK 513	Introduction to Quantitative Data Management for Public Health	4
HK 519	Health Program Evaluation	4
HK 528	Applied Epidemiology	4
HK 531	Advanced Biostatistics	4
HK 532	Cultural Humility in Health	4
HK 533	Analytical Epidemiology	4
Total Hours (Minimum Required)		**48**

Other Requirements

Requirement	Description
Other requirements may overlap	
Minimum 500-level Hours Required Overall:	12 (8 within the unit)
Minimum GPA:	3.0

Learning Outcomes

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The MPH Program is nationally accredited by CEPH, the Council for Education on Public Health. Extensive reporting, assessment, evaluation, and tracking occurs as part of being a nationally accredited program. Very detailed curriculum competency alignment, tracking, and reporting happen each year to ensure the program is meeting the 30+individual competencies CEPH requires. Physical Activity and Health is a concentration within the Public Health major of the MPH degree, and it is guided by the following learning outcomes as a summary of the CEPH competencies:

1. **Content Knowledge:** Students will demonstrate an advanced understanding of current and historically significant concepts, frameworks, methods, analytical tools and ideas related to physical activity and health.
2. **Critical Thinking and Discovery:** Students will demonstrate ethical practices while applying advanced quantitative and qualitative methods in collecting, analyzing, and interpreting data which could then be disseminated through publications and presentations.
3. **Awareness and Understanding:** Students will understand and appreciate the diverse environmental, biological, psychological, socioeconomic, sociocultural, philosophical, and historical factors that influence physical activity and health.
4. **Programming and Assessment:** Students will apply best practices in developing, implementing, assessing, and evaluating programs and interventions related to physical activity and health.
5. **Leadership and Engagement:** Students will demonstrate leadership and effective communication skills, while promoting effective public health practices as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

Contact Information

for the degree of Master of Public Health in Public Health, Physical Activity and Health concentration

Public Health Program

Department Head: Kim Graber
Director of Graduate Studies: Bruno Pereira Nunes
Director of Program: Pedro Hallal
Public Health website (https://ahs.illinois.edu/mph-home/)

Department of Health and Kinesiology

Department of Health and Kinesiology website (https://ahs.illinois.edu/community-health/)

College of Applied Health Sciences

Applied Health Sciences College catalog page (http://catalog.illinois.edu/schools/ahs/academic-units/)
Applied Health Sciences College website (http://www.ahs.illinois.edu/)

Admissions

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