Curriculum: Doctoral Specialization in the Health Aspects of Physical Activity

All PhD students are required to fulfill the equivalent of the existing MS program in Exercise Science or a closely-related field. Courses that fulfill this equivalent could include:

- Introductory Biostatistics
- Intermediate Biometrics
- Physiology of Exercise I
- Physiology of Exercise II

Students will complete an approved program of study consisting of 60 hours beyond the baccalaureate or a minimum of 30 hours beyond the master degree. In addition to these required credit hours, students will either take the two required CEPH accreditation courses listed below or will provide evidence of successful completion of equivalent courses prior to matriculation into the doctoral program. Electives should be completed in the student’s specific area of emphasis and are expected to be in addition to the minimum credit requirement. Program of study is developed between the student and his/her advisor, and then approved by another division faculty, and the graduate director. All students are required to course hours as follows:

- Exercise Science (at least 12 hours)
- Research/Statistical Methods (at least 6 hours)
- Dissertation (at least 12 hours)

Students may elect to take their statistics and research design courses in biostatistics, epidemiology, or psychology, depending on their interests. Similarly, students can design a curriculum that emphasizes coursework in physical activity and epidemiology, physical activity and health promotion, physical activity and behavioral science, or physical activity and exercise physiology.

CEPH accreditation courses*

- Public Health- PUBH 700 (3 hours)
- EPID 700/701 (3 hours)

*Students with a MPH degree from a CEPH-accredited school of public health will have had these courses and can be released from this requirement; students who previously have taken a graduate level course equivalent to EPID 700/701 are exempted from the requirement to take EPID700/701.
Examples of Course Options

Examples of suggested courses for a specialization in *Health Aspects of Physical Activity* are listed below. These courses are by no means exhaustive and can be supplemented with other courses approved by the student’s advisor, another division faculty, and the graduate director.

**Exercise Science**
- EXSC 710 - Behavioral Aspects of Physical Activity (3)
- EXSC 754 - Community-Based Physical Activity Interventions (3)
- EXSC 787 - Research Methods and Design in Exercise Science (3)
- EXSC 863 - Physical Activity and the Aging Process (3)
- EXSC 881 - Advanced Cardiorespiratory Exercise Physiology (3)
- EXSC 882 - Physical Activity and Health (3)
- EXSC 883 - Physical Activity, Chronic Disease, and Disabilities (3)

**Epidemiology**
- EPID 741 – Advanced Methods in Epidemiology (3)
- EPID 744 - Investigative Epidemiology: Cardiovascular Disease (3)
- EPID 820 - Seminar in the Epidemiology of Health Effects of Physical Activity (3)

**Psychology**
- PSYC 727 - Foundations in Community Psychology (3)
- PSYC 783 - Health Psychology/Behavioral Medicine (3)

**Health Promotion Education and Behavior**
- HPEB 701 - Theoretical Foundation of Health Education (3)
- HPEB 710 - Evaluation for Public Health Education Programs (3)
- HPEB 731 - Health Promotion for Older Adults (3)
- HPEB 748 - Community Health Development (3)
- HPEB 752 - Nutrition and Public Health (3)