

# PHYSICAL ACTIVITY IN PUBLIC HEALTH MINOR

**Banner Code:** PAPB

## Academic Advising

Website: <https://publichealth.gmu.edu/students/academic-advising>

Numerous chronic conditions, such as cardiovascular disease, diabetes, cancer, and depression, can be prevented, delayed, or managed with proper physical activity. Students completing the minor in Physical Activity in Public Health gain knowledge regarding the impact of physical activity on health. In addition, students learn to advocate for policy and systems changes at the population level, improving public health and enabling equitable opportunities to enjoy physically active lives.

- Define the principles and foundations of public health.
- Describe the connection between physical activity and physical well-being.
- Analyze physical activity programs that are designed to meet the needs of a specific community or population.
- Examine the factors that influence adopting health behaviors, such as physical activity.
- Explain various forms of advocacy to affect health policy.
- Synthesize evidence to recommend physical activity interventions.

## Admissions & Policies

### Policies

Eight credits of coursework must be unique to the minor and students must complete all coursework with a minimum GPA of 2.00. For policies governing all minors, see AP5.3.4 Minors (<https://catalog.gmu.edu/policies/academic/undergraduate-policies/#ap-5-3-4>).

## Requirements

### Minor Requirements

Total credits: 18

#### Required Courses

Code	Title	Credits
KINE 110 or KINE 310	Physical Activity and Wellness <sup>1</sup> Exercise Physiology I	3
KINE 260	Behavior Modification for Physical Activity	3
GCH 300	Introduction to Public Health	3
GCH 376	Health Ethics, Leadership, and Advocacy	3
GCH 410	Physical Activity and Public Health	3
GCH 466	Physical Activity in Public Health Capstone (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> ) <sup>2</sup>	3
Total Credits		18

<sup>1</sup> Required prerequisites for KINE 310: BIOL 124 and BIOL 125.

<sup>2</sup> Required prerequisites of GCH 376, GCH 380 (or KINE 450 or other equivalent research methods course) and GCH 410. Students need to contact the department for an override and must complete GCH 376 and GCH 410 prior to enrollment.

## Program Outcomes

### Program Outcomes

After completing this minor, students will be able to