

PHYSICAL ACTIVITY IN PUBLIC HEALTH MINOR

Banner Code: PAPB

Academic Advising

Website: <https://chhs.gmu.edu/students/academic-advising/undergraduate-advising> (<https://chhs.gmu.edu/students/academic-advising/undergraduate-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.

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 AP.5.3.4 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 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) (http://catalog.gmu.edu/mason-core/) ² | 3 |
| Total Credits | | 18 |

¹ Required prerequisites: BIOL 124 and BIOL 125.

² 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

- 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.