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 of science. Electives should be completed in the student's specific area of emphasis. Programs of study are developed by the students in consultation with the Division faculty. The curriculum must include an epidemiology course or one of the approved research methods courses with explicit epidemiology content. The plan of study is developed between the student and their advisor, and then approved by 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.

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 and Division faculty.

Exercise Science
EXSC 710 - Behavioral Aspects of Physical Activity (3)
EXSC 754 - Community-Based Physical Activity Interventions (3)
EXSC 778 - Exercise and Childhood Obesity (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 700 - Introduction to Epidemiology (3)
EPID 701 - Concepts and Methods of 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)