



## Program Information

## MPH | Physical Activity & Healthy Lifestyles Colorado State University | Fort Collins, CO

### Application Deadline

:: January 15

### Program Contact

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### Program Competencies

- :: Apply social, behavioral and environmental models in physical activity intervention planning
- :: Assess the effects of physical activity on reducing chronic disease risk factors
- :: Apply program design, implementation, and evaluation strategies to promote and address barriers to the adoption of healthy lifestyle behaviors
- :: Identify and use public health data as a tool to develop and prioritize community-based interventions to promote physical activity

Leaders who understand the physiological and public health implications of lifestyle choices, including physical activity and nutrition, are needed in order to help battle obesity, mental illness, and other chronic diseases. The 42 credit hour Master of Public Health in Physical Activity & Healthy Lifestyles will teach you the skills to develop practical solutions to motivate people to live healthy, active lives and reverse our nation's health-related epidemics.

Curriculum	Credits
MPH Core Courses	17
Physical Activity & Healthy Lifestyles Core Courses	6 (min)
Health Communications Core Course	3 (min)
Physical Activity & Healthy Lifestyles Electives	7 (min)
General Electives	5
Practicum	2
Capstone	2
<b>Total Program Credits</b>	<b>42</b>

By pursuing your degree in Physical Activity and Healthy Lifestyles, you will be prepared for a variety of careers that work to get people to adopt healthy lifestyle choices. These careers are in state and local health departments, federal agencies, parks and recreation departments, non-profit and community health organizations, worksites and schools.

Visit the program website for a complete schedule of course requirements, course offerings, and competencies: [publichealth.colostate.edu](http://publichealth.colostate.edu).