

Public Health and Exercise Science with a concentration in Physical Activity and Public Health, MPH/MS

Website (<https://bouve.northeastern.edu/health-sciences/programs/ms-exercise-science-mph>)

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The Department of Health Sciences at Northeastern University offers a combined Master in Public Health program (MPH)/Master of Science in Exercise Science (EXSC) program. This dual-degree program allows qualified students to achieve their goal of obtaining a more robust understanding of public health through an MPH degree while also completing their master's in exercise science. Course work consists of advanced physiology such as musculoskeletal and cardiopulmonary systems and the assessment and prescription of exercise and physical activity in the context of the social determinants of health. Graduates of the program will benefit from having a greater understanding of public health issues in the fields of exercise and physical activity in order to better design exercise prescription programs in the healthcare industry that aim to improve the health of individuals and communities.

Program Requirements

Public Health Requirements

A grade of B- or higher is required in all course work.

Code	Title	Hours
Public Health		
PHTH 5120	Race, Ethnicity, and Health in the United States	3
PHTH 5202	Introduction to Epidemiology	3
PHTH 5210	Biostatistics in Public Health	3
PHTH 5212	Public Health Administration and Policy	3
PHTH 5214	Environmental Health	3
PHTH 5540	Health Education and Program Planning	3
PHTH 6204	Society, Behavior, and Health	3
Urban Health		
PHTH 6200	Principles and History of Urban Health	3
PHTH 6208	Urban Community Health Assessment	3
Practicum		
PHTH 6966	Practicum	3
Capstone		
PHTH 6910	Public Health Capstone	3

Exercise Science Requirements

A grade of B or higher is required in all course work.

Code	Title	Hours
Physiology		
EXSC 5200	Cardiopulmonary Physiology	3
EXSC 5220	Advanced Exercise Physiology	3
EXSC 5230	Physical Activity and Exercise: Effects on Musculoskeletal Health and Disease	3
Assessment & Prescription		
EXSC 5210	Physical Activity and Exercise: Prescription, Measurement, and Testing	3
EXSC 6202	Electrocardiography, Clinical Assessment, and Prescription	3
Research		
EXSC 6400	Applied Research Methods	3

Elective

Code	Title	Hours
Complete one of the following:		
HSCI 5230	Clinical Nutrition Applications in Health and Disease	3
PHTH 5230	Global Health	
PHTH 6320	Qualitative Methods in Health and Illness	
PHTH 6350	Social Survey Research Methods	
HINF 6240	Improving the Patient Experience through Informatics	

Program Credit/GPA Requirement

54 total semester hours required

Minimum 3.000 GPA required

Plan of Study

Year 1

Fall	Hours	Spring	Hours	Summer 1	Hours
EXSC 5210	3	EXSC 5220	3	PHTH 5540	3-4
PHTH 5210	3	EXSC 6202	3	PHTH 6208	3
PHTH 5212	3	PHTH 5120	3		
PHTH 6204	3	PHTH 5202	3		
	12		12		6-7

Year 2

Fall	Hours	Spring	Hours
EXSC 5200	3	EXSC 6400	3
EXSC 5230	3	PHTH 5214	3
PHTH 6200	3	PHTH 6910	3
PHTH 6966	3	Approved MPH or EXSC elective	3
	12		12

Total Hours: 54-55