**BACKGROUND**

CDC attributes 300,000 deaths each year to insufficient physical activity and poor nutrition.1
- Only 1 in 3 adults currently meet recommendations for moderate physical activity.2
- Participation in all types of physical activity declines with age.3

Nearly two-thirds of the adult population are overweight or obese.4
- We fall short on intake of vegetables and fruits.
- We exceed intake of added sugars and saturated fats.5
- Poor dietary quality in children and adolescents is associated with negative health outcomes that can continue into adulthood.6

Resistance training and aerobic exercise can have positive effects on body composition, function, and quality of life across the lifespan.7

Philadelphia Department of Public Health8 and Healthy People 2020 have objectives to increase physical activity and healthy eating to reduce chronic disease and improve quality of life across all ages.

Public health professionals often create interventions that promote active lifestyles and healthy eating.

**Most public health programs do not address exercise science subjects.**

A foundational understanding of exercise science can help public health professionals:
- Keep people in the community safe
- Help to establish attainable activity and nutrition goals
- Address healthy lifestyle change and habit formation
- Improve health outcomes through education and promotion of physical activity, exercise, and healthy eating

**PROCESS**

Reviewed curricula of existing exercise science programs and courses for health care professionals to help in developing a self-guided curriculum unique to master of public health students that will teach a foundation of topics in exercise science.

Performed a review of the literature and national organization positions on topics of physical activity, nutrition, and exercise to provide an updated perspective on foundational knowledge.

Created a self-guided voice-over-PowerPoint presentation that presents physical activity, nutrition, and exercise topics in modules that can be taken in by students at their own pace.

**PRODUCT: Example Modules**

Four modules were created that include an introduction to: exercise science, health, physical activity, healthy eating, and exercise

Each subject module provides the following:
- Pre-lecture readings and resources
- Voice-over lecture of each subject
- Current United States subject trends
- Key definitions
- Any available national guidelines
- Practical recommendations and methods to improve activity, nutrition and exercise
- Applications to address some of the stages of behavior change (transtheoretical model) and practical advice for creating healthy habits
- Opportunities for furthered reading and investigation of initiatives in the Philadelphia area
- Quiz questions to test student knowledge and critical thinking

Modules are self directed and will be available to all MPH students at Jefferson

**DISCUSSION**

This project addresses an education gap by presenting a self-guided curriculum for masters of public health students that will provide them with a foundational understanding of exercise science.

Public health professionals are often at the helm of important intervention efforts utilizing concepts embedded in exercises science. After completing this curriculum, MPH students will have an advantage in public health roles associated with physical activity and healthy eating topics.

**NEXT STEPS**

- A pre- and post-test of quiz questions will be created to assess the efficacy of the curriculum on fundamental knowledge gained in exercise science
- Act on plans to pilot the course and assessments with a small group of students

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