

***Student Learning Outcomes and Competencies***  
***Emphasis: Public Health Physical Activity***

The MPH Program is dedicated to assessment of student learning and to appropriate changes in curriculum and courses whenever necessary. At the completion of the degree each student should be able to meet all the Graduate School’s Student Learning Outcomes (SLOs), the MPH SLOs, along with the MPH 12 Foundational Objectives and 22 Foundational Competencies in addition to the Emphasis Area Competencies. All courses taken for the degree are expected to meet at least one competency.

***Kansas State University Graduate Student Learning Outcomes***

<b>Knowledge</b>	Demonstrate [a] thorough understanding and/or competency in a specific area of emphasis, study, or profession.
<b>Skills</b>	Demonstrate the ability to apply knowledge through critical thinking, inquiry, analysis, and communication to solve problems and to produce scholarly and creative works including but not limited to design, art, performance, [and/or] original research in the form of [a] thesis or dissertation.
<b>Attitudes and Professional Conduct</b>	Exhibit an awareness of their responsibilities (professional integrity, ethical behavior, ability to work with diverse groups of peoples, etc.) and engage in professional conduct towards all constituent groups, including students, faculty, public, etc.

***Public Health Core Courses Required of Each MPH Student***

<b>Area</b>	<b>Required Course</b>
<b>Biostatistics</b>	MPH 701 – Fundamental Methods of Biostatistics (3 hrs)
<b>Environmental Health</b>	MPH 802 – Environmental Health (3 hrs)
<b>Epidemiology</b>	MPH 754 – Introduction to Epidemiology (3 hrs)
<b>Health Services Administration</b>	MPH 720 – Administration of Health Care Organizations (3 hrs)
<b>Social and Behavioral Sciences</b>	MPH 818 – Social and Behavioral Bases of Public Health (3 hrs)
<b>Public Health Practice</b>	MPH 840 – Public Health Practice (6 hrs with no thesis or 3 hrs + 6 hrs thesis research)

The required courses listed above, cover the 12 Foundational Objectives and 22 Foundational Competencies needed by public health professionals listed below and on the next page.

<b>12 Public Health Foundational Objectives and Course Taught In</b>	<b>MPH 701</b>	<b>MPH 720</b>	<b>MPH 754</b>	<b>MPH 802</b>	<b>MPH 818</b>
1. Explain public health history, philosophy and values		x	x		x
2. Identify the core functions of public health and the 10 Essential Services		x			
3. Explain the role of quantitative and qualitative methods and sciences in describing and assessing a population’s health	x	x	x		
4. List major causes and trends of morbidity and mortality in the US or other community relevant to the school or program		x	x		
5. Discuss the science of primary, secondary and tertiary prevention in population health, including health promotion, screening, etc.	x	x	x		
6. Explain the critical importance of evidence in advancing public health knowledge	x	x	x		
7. Explain effects of environmental factors on a population’s health	x			x	
8. Explain biological and genetic factors that affect a population’s health			x	x	
9. Explain behavioral and psychological factors that affect a population’s health	x	x			x
10. Explain the social, political and economic determinants of health and how they contribute to population health and health inequities		x			x
11. Explain how globalization affects global burdens of disease			x	x	
12. Explain an ecological perspective on the connections among human health, animal health and ecosystem health (eg, One Health)				x	x

22 Public Health Foundational Competencies and Course Taught In	MPH 701	MPH 720	MPH 754	MPH 802	MPH 818
<b>Evidence-based Approaches to Public Health</b>					
1. Apply epidemiological methods to the breadth of settings and situations in public health practice	x		x		
2. Select quantitative and qualitative data collection methods appropriate for a given public health context	x	x	x		
3. Analyze quantitative and qualitative data using biostatistics, informatics, computer-based programming and software, as appropriate	x	x	x		
4. Interpret results of data analysis for public health research, policy or practice	x		x		
<b>Public Health and Health Care Systems</b>					
5. Compare the organization, structure and function of health care, public health and regulatory systems across national and international settings		x			
6. Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels					x
<b>Planning and Management to Promote Health</b>					
7. Assess population needs, assets and capacities that affect communities' health		x		x	
8. Apply awareness of cultural values and practices to the design or implementation of public health policies or programs					x
9. Design a population-based policy, program, project or intervention			x		
10. Explain basic principles and tools of budget and resource management		x	x		
11. Select methods to evaluate public health programs	x	x	x		
<b>Policy in Public Health</b>					
12. Discuss multiple dimensions of the policy-making process, including the roles of ethics and evidence		x	x	x	
13. Propose strategies to identify stakeholders and build coalitions and partnerships for influencing public health outcomes		x		x	
14. Advocate for political, social or economic policies and programs that will improve health in diverse populations		x			
15. Evaluate policies for their impact on public health and health equity			x	x	
<b>Leadership</b>					
16. Apply principles of leadership, governance and management, which include creating a vision, empowering others, fostering collaboration and guiding decision making		x			x
17. Apply negotiation and mediation skills to address organizational or community challenges		x			
<b>Communication</b>					
18. Select communication strategies for different audiences and sectors	KIN 796				
19. Communicate audience-appropriate public health content, both in writing and through oral presentation	KIN 796				
20. Describe the importance of cultural competence in communicating public health content		x			x
<b>Interprofessional Practice</b>					
21. Perform effectively on interprofessional teams		x			x
<b>Systems Thinking</b>					
22. Apply systems thinking tools to a public health issue			x	x	

### ***Student Accountability for 22 Foundational Competencies***

Each student should document and address how five of the 22 MPH Foundational Competencies were attained and utilized during the applied practice experience (APE). *One of the 22 must be #21. Perform effectively on interprofessional teams.* This explanation should be in the integrated learning experience (ILE) report and presentation. These competencies are acquired from the traditional public health core knowledge areas, (biostatistics, epidemiology, social and behavioral sciences, health services administration and environmental health sciences), as well as cross-cutting and emerging public health areas.

In addition, each MPH emphasis area has its own set of unique competencies expected of students completing coursework in the emphasis area.

### ***Public Health Physical Activity Emphasis Area Competencies***

<b><i>PHPA Emphasis Area Competency</i></b>		<b><i>Description of Competency</i></b>	<b><i>Required Course</i></b>
1	<b><i>Population health</i></b>	Investigate the impact of physical activity on population health and disease outcomes.	KIN 612
2	<b><i>Social, behavioral and environmental influences</i></b>	Investigate social, behavioral and environmental factors that contribute to participation in physical activity.	KIN 610 and KIN 805
3	<b><i>Theory application</i></b>	Examine and select social and behavioral theories and frameworks for physical activity programs in community settings.	KIN 610 and KIN 805
4	<b><i>Developing and evaluating physical activities interventions</i></b>	Develop and evaluate physical activity interventions in diverse community settings.	KIN 610 and KIN 805
5	<b><i>Support evidence-based practice</i></b>	Create evidence-based strategies to promote physical activity and communicate them to community stakeholders.	KIN 612

### ***Public Health Physical Activity Required and Elective Courses***

**Prerequisite courses:** Some courses listed may require prerequisites before being allowed to enroll in the course.

<b>Requirements and Credit Hours Needed</b>		<b>Select from these Courses</b>	
Required courses 10 hours	KIN 610	Program Planning and Evaluation (3 hrs)	
	KIN 612	Policy, Built Environment and Physical Activity (3 hrs)	
	KIN 796	Graduate Seminar in Kinesiology (1 hr)	
	KIN 805	Physical Activity and Human Behavior (3 hrs)	
Elective Courses 11 hours			
AAI 801	Interdisciplinary Process (online Manhattan; face-to-face Olathe) (3 hrs)	KIN 852	Topics in the Behavioral Basis of Kinesiology (1-3 hrs) (Students without undergraduate class in behavior science will be required to take this class.)
FNDH 600	Public Health Nutrition (3 hrs)	KIN 896	Independent Study (instructor permission) (1-3 hrs)
FNDH 844	Nutritional Epidemiology (3 hrs)	MC 750	Strategic Health Communication (3 hrs)
KIN 600	Interpersonal Aspects of Physical Activity (3 hrs)	SOCIO 541	Wealth, Power and Privilege (3 hrs)
KIN 602	Social Structural Determinants of Physical Activity (3 hrs)	SOCIO 545	Sociology of Women (3 hrs)
KIN 606	Topics in the Behavioral Basis of Kinesiology (1-3 hrs)	SOCIO 570	Race and Ethnic Relations in the United States (3 hrs)
KIN 614	Physical Activity Behavior Settings: Youth Sport to Senior Centers (3 hrs)	STAT 705	Regression and Analysis of Variance (3 hrs)
KIN 616	Obesity and Physical Activity: Behavioral, Environment and Policy Influences (3 hrs)	STAT 710	Sample Survey Methods (3 hrs)
KIN 625	Exercise Testing and Prescription (3 hrs)	STAT 716	Non-parametric Statistics (3 hrs)
KIN 635	Nutrition and Exercise (3 hrs)	STAT 717	Categorical Data Analysis (3 hrs)
KIN 655	Individual Physical Activity Promotion (3 hrs)	STAT 720	Design of Experiments (3 hrs)
KIN 797	Topics: Public Health Physical Activity Behavior (1-4 hrs)	STAT 725	Intro to SAS Computing (1 hr)
KIN 815	Research Methods in Kinesiology (3 hrs)	STAT 730	Multivariate Statistics Methods (3 hrs)
KIN 851	Topics in the Physiological Basis of Kinesiology (1-3 hrs) (Students without undergraduate class in physiology will be required to take this class.)	<i>Plus any graduate course approved by the graduate committee and the program director.</i>	

All MPH graduate students must maintain a GPA of 3.0 or above in ALL graduate course work to remain in good standing in the program and to graduate with an MPH degree. Detailed information concerning this requirement may be found on the Graduate School website: <http://www.k-state.edu/grad/>

## ***Applied Practice Experience (APE) and Integrated Learning Experience (ILE) expected of Each MPH Student***

**The Applied Practice Experience (APE)** requirement is 240 hours in a non-academic setting and is typically completed *at the end of the coursework* so that a student may apply the knowledge gained from graduate courses. In addition, the student must be in good academic standing (i.e., not on probation) as outlined in the Graduate Handbook section F, before they will be allowed participate in the APE.

**The Integrated Learning Experience (ILE)** requirement is a high quality written document about a project carried out for a non-academic public health entity, plus a public presentation, along with the oral exam. It is completed at the end of all coursework **and** completion of the APE. The written report is submitted to the graduate committee *at least two weeks* before the presentation and oral exam.

The APE and ILE requirements are met with the following (MPH 840):

- The APE (240 hours) requires delivery of at least two different portfolio products (poster, brochures, updated learning materials, website training manuals, etc.) along with a short discussion of at least five of the 22 Public Health Foundational Competencies and how they were utilized during the APE.
- The ILE requires a high quality written document met with the following:
  1. A written document/report of the project carried out in a non-academic setting and oral exam (which includes the oral presentation); **or**
  2. Six credit hours of public health thesis research and three credit hours (180 hours) of APE (MPH 840), as explained above. If completing a thesis, the research should be focused on population-based health questions rather than on basic research in a laboratory. This does not preclude laboratory analyses of data gathered in populations of animals or humans. A thesis completed as partial fulfillment for the MPH degree must be accepted by the Graduate School, becomes a single-authored publication and contributes to the body of knowledge in public health.

Upon completion of the oral exam and all edits have been made to the ILE document or thesis, the ILE is submitted to the MPH Program office along with all APE portfolio products. The thesis is submitted to K-REx.

### ***Summary***

<b>Requirement</b>	<b>Credit Requirement</b>	<b>Total</b>
MPH Core Courses required by all emphasis areas	15-17 hours	15-17 credit hours
Emphasis area courses	19-21 hours	19-21 credit hours
Applied Practical Experience (or Thesis and APE) and ILE	6-9 hours	6-9 credit hours
<b>Total required for MPH degree</b>		<b>42 credit hours</b>

### ***Outline of MPH Course – Follow the sequence below depending on the semester you begin.\****

<b>Year 1, Fall Semester – 9 credits</b>	<b>Year 2, Fall Semester – 9 credits</b>
• MPH 701 – Fundamental Methods of Biostatistics (3 hrs)	• Emphasis area required courses (9 hrs)
• MPH 754 – Introduction to Epidemiology (3 hrs)	• Start planning for Applied Practical Experience (APE)
• MPH 802 – Environmental Health (3 hrs)	• Attend MPH Meeting for MPH 840 (APE orientation)
<b>Year 1, Spring Semester – 9 credits</b>	<b>Year 2, Spring Semester – 9 credits</b>
• MPH 720 – Administration of Health Care Organizations (3 hrs)	• Finish emphasis area required and elective courses (9 hrs)
• MPH 818 – Social and Behavioral Bases of Public Health (3 hrs)	• Finish up plans for MPH 840 and turn in signed form
• Emphasis area course (3 hrs)	<b>Year 2, Summer Semester – 3 or 6 credits</b>
• Select Committee and prepare Program of Study (POS)	• Enroll in MPH 840 for 6 hrs for summer graduation or if graduating a different semester, enroll in only 3 hrs
<b>Year 1, Summer Semester – 3 or 6 credits</b>	
• Any MPH core course (if available and needed)	<b>Semester you plan to graduate you must be enrolled</b>
• Emphasis area course if desired (3 hrs)	• Enroll in MPH 840 for 3 hrs

\*suggested

At the completion of all degree requirements, MPH students will be expected to meet the following:

- **Integration.** Students will have demonstrate their ability to integrate knowledge and skills to solve problems and to produce scholarly work in a culminating experience in the form of a thesis and/or high quality written document with a community-based field project.