



# UNIVERSITY OF MARYLAND

OFFICE OF THE SENIOR VICE PRESIDENT AND PROVOST

1119 Main Administration Building  
College Park, Maryland 20742-5031  
301.405.5252 TEL 301.405.8195 FAX

July 21, 2014

## MEMORANDUM

**TO:** Jane Clark  
Dean, School of Public Health

**FROM:** Elizabeth Beise *EB*  
Associate Provost for Academic Planning and Programs

**SUBJECT:** Proposal to Establish an Area of Concentration in Physical Activity for the Master of Public Health

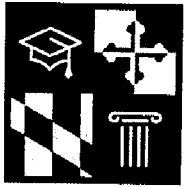
On July 15, 2014, the Maryland Higher Education Commission approved your proposal to establish an Area of Concentration in Physical Activity for the Master of Public Health. Chancellor Kirwan gave his approval on February 19, 2014. A copy of the proposal is attached.

The program is effective immediately. Please ensure that the change is fully described in all relevant descriptive materials.

MDC/

Enclosure

cc: Barbara Gill, Office of Student Financial Aid  
Erin Howard, Division of Information Technology  
Pam Phillips, Institutional Research, Planning & Assessment  
Anne Turkos, University Archives  
Linda Yokoi, Office of the Registrar  
Alex Chen, Graduate School  
Coke Farmer, School of Public Health  
Brad Hatfield, Department of Kinesiology



**MHEC**

Creating a state of achievement

Martin O'Malley  
Governor

Anthony G. Brown  
Lt. Governor

Anwer Hasan  
Chairperson

Catherine M. Shultz  
Acting Secretary

July 15, 2014

Dr. Mary Ann Rankin  
Provost and Senior Vice President  
Academic Affairs  
University of Maryland College Park  
1119 Main Administration Building  
College Park, MD 20742

Dear Dr. Rankin:

The Maryland Higher Education Commission has reviewed a request from the University of Maryland College Park to offer a new Area of Concentration (A.O.C.) in Physical Activity within the existing Master of Public Health (M.P.H.).

I am pleased to inform you that the program proposal is approved. This decision is based on an analysis of the program proposal in conjunction with the law and regulations governing academic program approval, in particular Code of Maryland Regulations (COMAR) 13B.02.03. As required by COMAR, the Commission circulated the proposal to the Maryland higher education community for comment and objection. The program meets COMAR's requirements and demonstrates potential for success, an essential factor in making this decision.

For the purposes of providing enrollment and degree data to the Commission, please use the following HEGIS and CIP codes:

Program title	Award level	HEGIS	CIP
Physical Activity	A.O.C.	1214-00	51.2201

Should the University of Maryland College Park desire to make a substantial modification to the program in the future, review by the Commission will be necessary. I wish you continued success.

Sincerely,

Catherine M. Shultz, J.D.  
Acting Secretary of Higher Education

CMS:SAB:mrw

C: Ms. Theresa Hollander, Associate Vice Chancellor for Academic Affairs, USM  
Mr. Mike Colson, Senior Coordinator for Academic Programs, UMCP



OFFICE OF THE CHANCELLOR

February 19, 2014

Dr. Wallace D. Loh  
President  
Main Administration Building  
University of Maryland College Park  
CAMPUS

Dear Wallace:

Thank you for forwarding the request from the University of Maryland, College Park, to offer a new Area of Concentration in Physical Activity within the existing Master's program in Public Health.

I am delighted to approve this request. Please express my appreciation to departmental faculty and administrative committees for their careful work.

Sincerely yours,

A handwritten signature in black ink, appearing to read "W. Kirwan".

William E. Kirwan  
Chancellor

cc: Joann A. Boughman, Sr. Vice Chancellor for Academic Affairs  
Theresa Hollander, Associate Vice Chancellor for Academic Affairs  
Mary Ann Rankin, Sr. Vice President and Provost

1807  
University of Maryland,  
Baltimore

1856  
University of Maryland,  
College Park

1865  
Bowie State University

1866  
Towson University

1886  
University of Maryland  
Eastern Shore

1898  
Frostburg State University

1900  
Coplin State University

1925  
Salisbury University

1925  
University of Baltimore

1925  
University of Maryland  
Center for Environmental  
Science

1947  
University of Maryland  
University College

1966  
University of Maryland,  
Baltimore County

# THE UNIVERSITY OF MARYLAND, COLLEGE PARK

## PROGRAM/CURRICULUM/UNIT PROPOSAL

- Please email the rest of the proposal as an MSWord attachment to [pcc-submissions@umd.edu](mailto:pcc-submissions@umd.edu).

PCC LOG NO. 13009

- Please submit the signed form to the Office of the Associate Provost for Academic Planning and Programs, 1119 Main Administration Building, Campus.

**College/School:**

Please also add College/School Unit Code-First 8 digits: 01203300  
*Unit Codes can be found at: [https://hypprod.umd.edu/Html\\_Reports/units.htm](https://hypprod.umd.edu/Html_Reports/units.htm)*

**Department/Program:**

Please also add Department/Program Unit Code-Last 7 digits: 1330501

**Type of Action (choose one):**

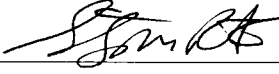
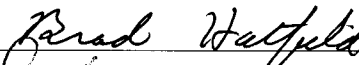
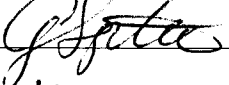
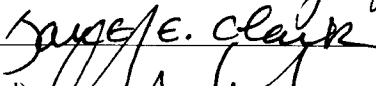
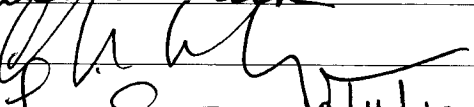
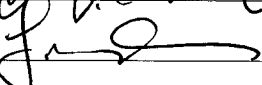
- |  |   |
|--|---|
| <input type="checkbox"/> Curriculum change (including informal specializations)              | <input type="checkbox"/> <i>New academic degree/award program</i> |
| <input type="checkbox"/> <i>Renaming of program or formal Area of Concentration</i>          | <input type="checkbox"/> New Professional Studies award iteration |
| <input checked="" type="checkbox"/> <i>Addition/deletion of formal Area of Concentration</i> | <input type="checkbox"/> New Minor                                |
| <input type="checkbox"/> <i>Suspend/delete program</i>                                       | <input type="checkbox"/> Other                                    |

*Italics indicate that the proposed program action must be presented to the full University Senate for consideration.*

**Summary of Proposed Action:**

The Department of Kinesiology proposes the addition of a new degree concentration in the area of Physical Activity for the School of Public Health's accredited Masters of Public Health (MPH) degree. This will be the sixth such concentration in the school. As such, the core curriculum of the MPH degree is not different for this proposed concentration, but the specific required cognate courses and elective requirements are unique to physical activity. A total of four new courses are simultaneously submitted through VPAC as part of this proposal: two cognate courses (KNES601, KNES602); an internship course (KNES785); and a capstone project course (KNES786). The Dean of the school supports this new concentration and the SPH Graduate Programs Committee has discussed the proposal and confirmed that the approximately 20 students maximum per year can be accommodated in the existing core course offerings. One new faculty member will be hired in Kinesiology to assist with the administration of the program (see the Dean's letter of support); other course loads will be covered by existing faculty. No impact on library or other resources is anticipated.

APPROVAL SIGNATURES - *Please print name, sign, and date. Use additional lines for multi-unit programs.*

1. Department Committee Chair Stephen M. Roth  27 Mar 2013
2. Department Chair Bradley D. Hatfield  27 Mar 2013
3. College/School PCC Chair Amy P. Sapkota  4/25/13
4. Dean JANE E. CLARK  4/30/13
5. Dean of the Graduate School (if required)  12/14/13
6. Chair, Senate PCC Manee  4/13
7. University Senate Chair (if required) \_\_\_\_\_
8. Senior Vice President and Provost Elizabeth J. Pease 7/21/14

PCC Proposal  
Department of Kinesiology  
School of Public Health  
University of Maryland

**Requesting a new degree concentration:** Master of Public Health (MPH) with Concentration in Physical Activity

**Proposal Overview:** The following MPH degree concentration in Physical Activity was approved by unanimous vote of the KNES graduate faculty on 22 January 2013. The concentration was developed in collaboration with administrators in the School of Public Health to ensure that it meets all of the requirements of the existing MPH degree, including five required Core courses, two required Capstone courses, and required Cognate courses (with 9 elective credits), totaling 43 credit hours. The specific degree competencies for this concentration are listed at the end of this document, and include how each competency is mapped to a particular course(s). Assuming passage of the proposal, the concentration would be offered beginning Fall 2014.

A total of four new courses are submitted through VPAC as part of this proposal: two required cognate courses (KNES601, KNES602); an internship course (KNES785); and a capstone project course (KNES786). The Dean of the school supports this new concentration and the SPH Graduate Programs Committee has confirmed that the approximately 20 students maximum per year can be accommodated in the existing core course offerings. With regard to faculty resources, one faculty member will be hired in Kinesiology to assist with the administration of the program and the Dean has approved this hire (see letter of support). Of the four new courses, this new faculty hire along with the Kinesiology Graduate Director will share the administrative oversight of KNES785 and KNES786 (both are off-site courses with mostly administrative requirements for the instructor), and this faculty member will take on instructional leadership of KNES602; KNES601 will be taught by existing faculty members. No impact on library or other resources is anticipated, nor will the new students negatively impact on the existing MA and PhD programs in Kinesiology. A small number of students are expected to take elective courses outside of the school, but the anticipated number will be 1-2 per course per year, so no significant impact is anticipated for these programs.

**Program Overview:** There is growing national demand for professionals who understand the physical and mental health benefits of physical activity, and can leverage this knowledge to combat major public health issues facing today's society. Sedentary behaviors underlie numerous chronic diseases and are considered a leading cause of morbidity and mortality. The expertise gained through the MPH in Physical Activity prepares students for careers that involve integrating physical activity into public health practice at various levels. To accommodate a variety of career pursuits, students have flexibility in designing their course structure. Once a foundational knowledge is acquired through the MPH program's core requirements,

students are encouraged to take electives across a range of disciplines. This 43-credit degree is adaptable to both a full and part-time student status.

**Program Requirements:**

	COURSE TITLE	CREDITS
CORE	EPIB 610 Foundations of Epidemiology	3
	EPIB 650 Biostatistics I	3
	HLSA 601 Introduction to Health Systems	3
	HLTH 665 Health Behavior I	3
	MIEH 600 Foundations of Environmental Health	3
COGNATE AREA (Required)	KNES 600 Kinesiology in Public Health	3
	KNES 601 Epidemiology of Physical Activity	3
	KNES 602 Physical Activity Program Planning and Evaluation	3
	EPIB 641/KNES 689Y Public Health and Research Ethics	1
	HLSA 775 Public Health Research Methods (or equivalent course approved by Graduate Director)	3
	Electives with Advisement (taken from the list below)	9
CAPSTONE	KNES 785 Internship in Physical Activity and Public Health	3
	KNES 786 Capstone Project in Physical Activity and Public Health	3
	TOTAL MPH PHYSICAL ACTIVITY PROGRAM	43

**Recommended Elective Courses:**

While there are many elective courses from which to choose, we advise students to work with Kinesiology faculty for recommendations about how certain elective courses will best support particular career destinations.

**Possible Elective Courses** (some courses may require pre-requisites or special permission, especially those offered outside the School of Public Health):

- KNES 603 Advanced Motor Development (3 credits)
- KNES 604 Development of Posture and Locomotion (3 credits)
- KNES 610 Methods and Techniques of Research (3 credits)
- KNES 612 Qualitative Research (3 credits)
- KNES 613 Theories Physical Culture (3 credits)
- KNES 614 Cultural Studies and Physical Culture (3 credits)
- KNES 615 The Body, Culture, and Physical Activity (3 credits)
- KNES 650 Mental and Emotional Aspects of Sports and Recreation (3 credits)
- KNES 670 Biomechanics Theory (3 credits)
- KNES 676 Multisensory Perception and Human Motor Control (3 credits)
- KNES 689X Exercise and Brain Health (3 credits)

KNES 691 Muscular Aspects of Exercise Physiology (3 credits)  
KNES 692 Cardiovascular Aspects of Exercise Physiology (3 credits)  
KNES 694 Metabolic Aspects of Exercise Physiology (3 credits)  
KNES 695 Laboratory Techniques in Exercise Physiology (3 credits)  
KNES 696 Genetic Aspects of Health and Fitness (3 credits)

EDPS614 Politics of Education (3 credits)  
EDPS620 Education Policy Analysis (3 credits)

EPIB 611 Intermediate Epidemiology (3 credits)  
EPIB 620 Chronic Disease Epidemiology (3 credits)  
EPIB 622 Social Determinants of Health (3 credits)  
EPIB 651 Biostatistics II (3 credits)  
EPIB 652 Categorical Data Analysis (3 credits)  
EPIB 653 Survival Data Analysis (3 credits)  
EPIB 655 Longitudinal Data Analysis (3 credits)

FMSC 720 Study Design in Maternal Child Health Epidemiology (3 credits)

HLSA 702 Politics and Policy of Health (3 credits)  
HLSA 710 Foundations of Healthcare Management (3 credits)  
HLSA 711 Health Care Economics and Analysis (3 credits)  
HLSA 720 Health Law and Ethics (3 credits)  
HLSA 740 Strategic Planning and Marketing (2 credits)

HLTH 606 Foundations of Public Health Education and Policy (3 credits)  
HLTH 665 Health Behavior I  
HLTH 666 Health Behavior II  
HLTH 670 Public Health Informatics & Communication (3 credits)  
HLTH 710 Methods & Techniques of Research (3 credits)  
HLTH 775 Health Education Program Planning and Evaluation (3 credits)  
HLTH 780 Community Health (3 credits)

MIEH 740 Risk Assessment (3 credits)  
MIEH 770 Law and Policy in Environmental Health (3 credits)

NFSC611 Molecular Nutrition: Genomic, Metabolic, and Health Aspects (2 credits)  
NFSC630 Nutritional Aspects of Energy Balance (3 credits)  
NFSC690 Nutrition and Aging (3 credits)

PSYC604 Fundamentals of Social Psychology (3 credits)  
PSYC611 Advanced Developmental Psychology (3 credits)

PUAF610 Quantitative Aspects of Public Policy (3 credits)  
PUAF650 Moral Dimensions of Public Policy (3 credits)  
PUAF732 Policy and Politics of Education Reform (3 credits)

SOCY626 Demography of Aging (3 credits)  
SOCY661 Social Stratification (3 credits)

SPHL600 Fundamentals of Global Health (3 credits)  
SPHL610 Global Health Program Planning and Evaluation (3 credits)

**MPH Concentration-Specific Degree Competencies:**

- **Explain how physical activity integrates within the core areas of public health.** Students will be able to describe how the promotion of an active lifestyle can be accomplished within the various disciplines of public health. [KNES600, KNES601]
- **Apply evidence-based knowledge and understanding of the relation of physical activity to health and function across the life-span.** Students will be able to explain how exercise impacts physical and mental health in both healthy and diseased populations. This understanding will include the physiological, psychosomatic, and psychosocial dimensions that underlie these relationships. [KNES600, KNES601]
- **Design, implement, and evaluate physical activity interventions in a variety of populations and community settings.** Students should be able to identify benefits and risks of physical activity interventions and formulate appropriate and measurable program objectives. Students will apply their knowledge of the built environment, as well as their skills in biostatistics and epidemiology, to evaluate the success of interventions. [KNES 600; KNES 602; KNES785]
- **Utilize a conceptual understanding of social, behavioral, and cultural theories to promote and implement physical activity programs and policies.** Students will be able to describe how these theories impact participation in physical activity and apply them to optimize physical activity adoption and maintenance. [KNES600; KNES 602]
- **Evaluate the impact of physical activity and sedentary behavior at the community level.** Students will be able to use ecological methods to evaluate the association between patterns of physical activity and sedentary living within a community and various pediatric and adult indicators of health in that same community. Students will be able to describe ways of altering the built environment of a given community in order to promote more active living. [KNES601; KNES602]
- **Develop and utilize the ability to collaborate with public health professionals at local and/or federal levels to promote physical activity research, practice, and policy.** [KNES785]



**How to Apply:**

Completed applications for admissions to the MPH program with a concentration in Physical Activity must be received by January 15 for consideration for Fall admission. We only accept applications for fall admissions. Read carefully and follow instructions by the Graduate School for Graduate Applications:

<http://www.gradschool.umd.edu/gss/admission.htm>

When applying, select the 4-letter KNES program code from the drop down menu of Program Codes.

**Admission Criteria:**

MPH applications are reviewed with consideration to the following criteria:

- Minimum 3.0 undergraduate GPA
- GRE scores taken within the past 5 years (Submit electronically to the University of Maryland, code 5814). Prospective graduate students should perform minimally at the 50th percentile or higher on all parts of the GRE.
- 3 letters of recommendation that address your academic capabilities
- Statement of goals and interests
- Relevant academic/work experience, including previous coursework in kinesiology or related fields.

**Master of Public Health program with Concentration in Physical Activity  
MPH Concentration-Specific Degree Competencies:**

- **Explain how physical activity integrates within the core areas of public health.** ☑Students will be able to describe how the promotion of an active lifestyle can be accomplished within the various disciplines of public health. [KNES600, KNES601]

Assessment: Evaluation of the “integrated kinesiology essay” as part of KNES600. We have an established rubric in place to evaluate student performance on this essay, which requires students to speak to this outcome. Evaluation of a “physical activity and health outcomes” paper in KNES601 that will review literature regarding physical activity and a health outcome of their choosing. A rubric will be established for this component.

- **Apply evidence-based knowledge and understanding of the relation of physical activity to health and function across the life-span.** Students will be able to explain how exercise impacts physical and mental health in both healthy and diseased populations. This understanding will include the physiological, psychosomatic, and psychosocial dimensions that underlie these relationships. [KNES600, KNES601]

Assessment: Evaluation of the “integrated kinesiology essay” as part of KNES600. Evaluation of a “physical activity and health outcomes” paper in KNES601 that will review literature regarding physical activity and a health outcome of their choosing. Rubrics have been or will be established for these components of this outcome.

- **Design, implement, and evaluate physical activity interventions in a variety of populations and community settings.** ☑Students should be able to identify benefits and risks of physical activity interventions and formulate appropriate and measurable program objectives. Students will apply their knowledge of the built environment, as well as their skills in biostatistics and epidemiology, to evaluate the success of interventions. [KNES 600; KNES 602; KNES785]

Assessment: Evaluation of the “integrated kinesiology essay” as part of KNES600. In KNES602, students will design physical activity interventions, including outlining plans for needs assessment, formative research, intervention plans, sample materials, and an evaluation plan. Specific rubrics will be established for these intervention plans. Finally, evaluation of the required Internship Portfolio and Presentation required as part of KNES785.

- **Utilize a conceptual understanding of social, behavioral, and cultural theories to promote and implement physical activity programs and policies.**

Students will be able to describe how these theories impact participation in physical activity and apply them to optimize physical activity adoption and maintenance. [KNES600; KNES 602; KNES786]

Assessment: Evaluation of the “integrated kinesiology essay” as part of KNES600. In KNES602, students will design physical activity interventions, including outlining plans for needs assessment, formative research, intervention plans, sample materials, and an evaluation plan. Specific rubrics will be established for these intervention plans. Finally, evaluation of the final research practicum project, which is the culminating experience of KNES786 and the degree concentration itself. Rubrics are either in place or will be developed for each of these components.

- **Evaluate the impact of physical activity and sedentary behavior at the community level.** ☑Students will be able to use ecological methods to evaluate the association between patterns of physical activity and sedentary living within a community and various pediatric and adult indicators of health in that same community. Students will be able to describe ways of altering the built environment of a given community in order to promote more active living. [KNES601; KNES602]

Assessment: Evaluation of student projects required in both KNES601 and KNES602. In KNES601, students will complete a “physical activity and health outcomes” paper that will review literature regarding physical activity and a health outcome of their choosing. In KNES602, students will design physical activity interventions, including outlining plans for needs assessment, formative research, intervention plans, sample materials, and an evaluation plan. Specific rubrics will be established for all of these projects and assessment of this outcome will be based on performance across the suite of projects.

- **Develop and utilize the ability to collaborate with public health professionals at local and/or federal levels to promote physical activity research, practice, and policy.** [KNES785]

Assessment: Evaluation of the required Internship Portfolio and Presentation required as part of KNES785. An assessment rubric will be developed for this component.



# UNIVERSITY OF MARYLAND

School of Public Health

Jane E. Clark, Ph.D. Dean  
School of Public Health  
College Park, Maryland 20742-2611  
[jeclark@umd.edu](mailto:jeclark@umd.edu): email  
301.405.2438: Phone  
301.405.8397: Fax

October 1, 2013

To the Academic Curriculum Review Community:

In March of 2013, it was my pleasure to give full support to the new Master of Public Health (MPH) concentration in Physical Activity sponsored by the Department of Kinesiology. As the Dean of the School of Public Health, I continue to express our enthusiastic support and also wish to briefly address items related to our relationship with Baltimore and the formal and informal collaborative efforts between the two schools.

As we move forward in our collaborative relationship with the University of Maryland, Baltimore (UMB), the new concentration in Physical Activity offers an excellent educational opportunity for students in both schools. The new concentration in Physical Activity will fit well with existing programs as well as with the emphasis at UMB on interprofessional education (IPE) where graduate students frequently complete dual degrees. Those completing a degree in medicine, nursing or social work, for example, may well find the course offerings in the Physical Activity concentration that address medical, scientific, economic, social, and policy implications of increasing physical activity in the population an important complement to their studies.

Overlap will not be an issue as this program fills a long-time gap within the realm of public health education and will assist all our graduates in making an even larger impact on local, state and national health. At both campuses, students enrolled in other MPH concentrations may well appreciate the complementary educational perspective offered by this concentration in physical activity, and where they have the opportunity for electives, may find the course offerings of interest.

Finally, given our home at the state's land-grant institution, the School of Public Health is focused on addressing the public health needs of the state. The relationship between physical activity and many of the most significant and costly health issues in our state and our county is well documented in the scientific literature. Thus, the concentration in Physical Activity not only complements the existing public health and other health professions training options available between the University of Maryland College Park and the University of Maryland, Baltimore, but it is directly aligned with our goal of preparing public health practitioners equipped to meet the public health needs of our state.

Please be assured that the Physical Activity MPH concentration has the full support of the School of Public Health faculty. We expect that this new venture will serve to further strengthen the bonds among students and faculty from both institutions, providing excellent opportunities to collaborate within the classroom, the community and the research laboratories.

Sincerely,

Jane E. Clark, Ph.D.  
Professor and Dean