

MASTER
OF **PUBLIC HEALTH**

Health Promotion

Based on a socio-ecological model of health, the Health Promotion specialization explores contemporary health promotion at individual, group, organization, community and population levels. Core study concepts include foundations, values and principles of health promotion; the assessment of health needs; planning, implementing and evaluating efforts to promote healthy behaviors; and advocacy for health in a variety of settings.

Areas of expertise include nutrition, physical activity, systems/policy, obesity and substance abuse prevention. The Health Promotion specialization provides students with unique opportunities to study issues and concepts relevant to lifestyle behavior modification in the context of promoting health and preventing chronic disease.

Students will acquire appropriate background knowledge and experience in an epidemiological approach to public health problems relating to key lifestyle health factors. The Health Promotion specialization is appropriate for health educators, community health educators, exercise scientists, dietitians, Extension education professionals, health care and social services professionals, and any other professional who desires to learn how to improve the health and well-being of populations.

Admission to the Health Promotion specialization requires sufficient background in health and/or social services and health education as evidenced by academic course work, work experience or a combination of both. Applicants should address relevant background in their letter of application.

Students in this specialization will take the required Master of Public Health course work (biostatistics, epidemiology, leading and managing public health systems, environmental health for public health professionals, social and behavioral sciences in public health, and health care delivery in the United States). Students also will be required to complete the Master of Public Health practicum and the master’s paper – each focused on Health Promotion.

The Master of Public Health program at NDSU draws faculty from microbiology, emergency management, pharmacy, nursing, medicine and health, nutrition and exercise science. The program fosters its commitment to being student focused by keeping class sizes small and providing opportunities for students to work closely with faculty on research projects.

You can apply now for this noteworthy specialization of the Master of Public Health program. To begin the process, visit the NDSU Graduate School at www.ndsu.edu/gradschool. For more information on the Master of Public Health Program, visit www.ndsu.edu/publichealth.

The 18-credit Health Promotion Specialization curriculum includes:

Required Courses	Credit Hours
HNES 721 Health Promotion Programming	3
HNES 724 Nutrition Education	3
HNES 727 Physical Activity and Wellness.....	3
Elective Courses	
<i>Choose nine credits from the following:</i>	
HNES 652 Nutrition, Health and Aging	3
HNES 710 Recent Literature and Research in HNES.....	3
HNES 726 Nutrition in Wellness.....	3
HNES 754 Assessment in Nutrition/Exercise Science	3
Other MPH Specialization Course	3