

Physical Activity and Public Health (PAPH) Practice Experience Foundational Competencies

- Apply epidemiological methods to the breadth of settings and situations in public health practice (#1)
- Analyze quantitative and qualitative data using biostatistics, informatics, computer-based programming and software, as appropriate (#3)
- Interpret results of data analysis for public health research, policy or practice (#4)
- 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 (#6)
- Assess population needs, assets and capacities that affect communities' health (#7)
- Apply awareness of cultural values and practices to the design or implementation of public health policies or programs (#8)
- Propose strategies to identify stakeholders and build coalitions and partnerships for influencing public health outcomes (#13)
- Advocate for political, social or economic policies and programs that will improve health in diverse populations (#14)
- Evaluate policies for their impact on public health and health equity (#15)
- Select communication strategies for different audiences and sectors (#18)
- Communicate audience-appropriate public health content, both in writing and through oral presentation (#19)

PAPH Practice Experience Concentration Competencies

- Explain the physiological responses to an acute bout of exercise and the physiological adaptations to chronic aerobic and resistance exercise

- Explain the health effects of physical activity and the scientific basis for current public health physical activity guidelines for persons in varying demographic groups
- Apply evidence-based strategies to develop a physical activity intervention
- Evaluate an evidence-based physical activity intervention
- Differentiate among and appropriately use measurement and surveillance techniques to assess physical activity at the population level