Physical Activity & Public Health
A Postgraduate Course on Research Directions & Directions
September 15-23, 2009

Course Goal & Objectives

GOAL
The goal of the Research Course is to enhance the public’s health by expanding the nation’s capacity for conducting research on the health implications of physical activity and on the promotion of physical activity in populations.

COURSE OBJECTIVES
To expand the student’s knowledge of:
- The relationships between physical activity and chronic disease outcomes.
- Accepted methods for measurement of physical activity.
- Appropriate research designs for the study of physical activity in populations.
- Current methods for promotion of physical activity in individuals and populations.
- Specific applications of the aforementioned knowledge areas to studies of physical activity in special populations, including ethnic minorities, children, women, and older persons.

To enhance the student’s ability to:
- Identify important research issues pertinent to physical activity and health.
- Identify sources of funding to support research on physical activity and health.
- Design & develop research grant applications.