# PHYSICAL ACTIVITY (ONLINE) (PHAO)

Graduate Degree Program
College: Public Health

## ABSTRACT

The Master of Public Health (MPH Online) degree with a concentration in Physical Activity is a 45-credit professional degree administered by the Department of Kinesiology. All MPH students with a concentration in Physical Activity will complete six public health core courses, eight courses in the physical activity and related cognate area, a practical experience, and a capstone project.

## CONTACT

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**Website:** sph.umd.edu/mph-physical-activity-online (https://sph.umd.edu/academics/masters-degrees/mph-master-public-health/mph-physical-activity-online/)

## ADMISSIONS

The **Online MPH in Physical Activity** program has a two-part application process: applicants must submit the SOPHAS application (www.sophas.org (https://sophas.org/)), the centralized application service for schools and programs of public health, and the UMD Supplemental application (http://terpengage.force.com/community/CustomLoginPage/?GradApp=True). Both applications must be submitted, complete with all required documents and verified by the scheduled deadline (https://sph.umd.edu/admissions/graduate-admissions/graduate-application-process/). Applications will be reviewed when both the SOPHAS and the UMD Supplemental applications are completed and verifie

## GENERAL ADMISSION REQUIREMENTS

- A Bachelor's degree
- Minimum 3.0 undergraduate GPA
- At least one undergraduate math course
- Transcripts from all previous coursework
- English proficiency test score (TOEFL, IELTS or PTE) (international applicants (https://gradschool.umd.edu/admissions/english-language-proficiency-requirements/))
- Statement of purpose and objectives including career and educational goals, professional experience, and public health areas of interest
- Response to personal experiences question(s)

## PROGRAM SPECIFIC REQUIREMENTS

- SOPHAS application & UMD Supplemental application
- Three letters of recommendation
- Resume or curriculum vitae
- Fit between applicant's goals and expectations and program degree competencies
- Official GRE Test Score submission is **not required**
- Applicants being considered for the program may be invited for a virtual interview via Zoom
- Response to personal experiences question(s)

Note for applicants with foreign credentials:

- The SOPHAS application requires that applicants submit a WES credential evaluation (https://help.liaisonedu.com/SOPHAS_Applicant_Help_Center/Sending_Your_Official_Transcripts_and_Test_Scores_to_SOPHAS/Sending_Official_Transcripts_to_SOPHAS/2_Foreign_and_French-Canadian_Transcripts/)
- The UMD supplemental application requires the upload of unofficial transcripts issued in the original language with a literal English translation. Visit the Graduate School website for additional information (https://gradschool.umd.edu/admissions/international-admissions/)
- Evidence of English Language proficiency is required if the applicant does not hold a degree from a U.S. institution or from one of the English-speaking countries listed on the Graduate School website (https://gradschool.umd.edu/admissions/english-language-proficiency-requirements/)
- Language scores must be submitted both to SOPHAS and UMD supplemental applications

**For detailed instructions on how to apply, please visit the School of Public Health Website:** sph.umd.edu/graduate-application-process (https://sph.umd.edu/graduate-application-process/)

## APPLICATION DEADLINES

| Type of Applicant | Fall Deadline |
| --- | --- |
| **Domestic Applicants** | |
| US Citizens and Permanent Residents | April 3, 2026 |
| | This program admits students for the summer only. See the department's website for information on applying to this program. |
| **International Applicants** | |
| F (student) or J (exchange visitor) visas; A,E,G,H,I and L visas and immigrants | April 3, 2026 |
| | This program admits students for the summer only. See the department's website for information on applying to this program. |

## RESOURCES AND LINKS

**Deadlines:** sph.umd.edu/graduate-application-process (https://sph.umd.edu/admissions/graduate-admissions/graduate-application-process/#deadlines)

**SPH Program Website:** sph.umd.edu/mph-physical-activity-online (https://sph.umd.edu/academics/masters-degrees/mph-master-public-health/mph-physical-activity-online/)

**OES Program Website:** https://exst.umd.edu/professionals-post-baccalaureates/professional-graduate-programs/school-public-health-graduate-programs-online/mph-physical-activity (https://oes.umd.edu/professionals-post-baccalaureates/professional-graduate-programs/physical-activity/)

**Application Process:** sph.umd.edu/graduate-application-process (https://sph.umd.edu/admissions/graduate-admissions/graduate-application-process/)

**Admissions FAQ:** sph.umd.edu/graduate-application-faqs (https://sph.umd.edu/admissions/graduate-admissions/graduate-application-faqs/)

## REQUIREMENTS

- Physical Activity, Master of Public Health (M.P.H) (https://academiccatalog.umd.edu/graduate/programs/physical-activity-online-phao/physical-activity-online-mph/)

## FACILITIES AND SPECIAL RESOURCES

The Department of Kinesiology has three areas of specialization: Cognitive Motor Neuroscience, Exercise Physiology, and Physical Cultural Studies. Laboratories are maintained, which support original investigations in each of the three areas. Laboratories include equipment for measuring metabolic parameters, strength, body composition, postural sway, ground reaction forces, amount of physical activity in daily life, as well as muscle biopsies and movement analysis. The response of the human body to physical activity/exercise can be viewed through ECG, EEG, EMG and systematic behavior observation systems. Each of the three research areas has interfaced computer hardware and software to support data collection and analysis. Collaborations with the School of Medicine at the Baltimore campus and with NIH often result in the availability of other facilities and equipment. All graduate students have access to computers and other forms of technology. Details and pictures of current facilities and equipment are available at our website: www.sph.umd.edu/KNES/ (http://www.sph.umd.edu/KNES/).