

# PHYSICAL ACTIVITY PROMOTION

## East Carolina University Master's Degree In Exercise and Sport Science *Physical Activity Promotion*



*Physical Activity Promotion* students will acquire an understanding of the measurement, determinants, and outcomes of physical activity. The major focus of the program is on promotion of lifestyle physical activity in children, adults, and older adults in a variety of settings. Graduates of the program will be well-prepared to continue graduate study in epidemiology or measurement of physical activity and to work in settings where they develop and deliver policy regarding physical activity, manage physical activity facilities, or promote physically active lifestyles with non-clinical populations.

For information, contact Dr. Matthew Mahar at (252) 328-0008 or by email at [maharm@mail.ecu.edu](mailto:maharm@mail.ecu.edu). Other faculty members associated with the Physical Activity Promotion program include:

Dr. David Rowe, [rowed@mail.ecu.edu](mailto:rowed@mail.ecu.edu)

Dr. Tom Raedeke, [radeket@mail.ecu.edu](mailto:radeket@mail.ecu.edu)

Dr. Brian Focht, [fochtb@mail.ecu.edu](mailto:fochtb@mail.ecu.edu)

Ms. Donna Scales, [scalesd@mail.ecu.edu](mailto:scalesd@mail.ecu.edu)

## Selected Coursework

- BIOS 6021 Biostatistics for Health Professionals I
- EXSS 6201 Advanced Measurement & Evaluation in Exercise & Sport Science
- EXSS 6207 Physiology of Exercise
- EXSS 6300 Research Techniques in EXSS (2 sh)
- EXSS 6301 Research Seminar in EXSS (1 sh)
- EXSS 6401 Assessment in Physical Activity & Fitness
- EXSS 6440 Physical Activity Psychology
- EXSS 6990-1 Practicum in EXSS (1, 2 sh)

## Recommended Electives

- BIOS 6022 Biostatistics for Health Professionals II
- EXSS 5001 Nutrition and Exercise
- EXSS 5020 Exercise Adherence
- EXSS 5800 Physical Activity and Aging
- EXSS 6200 Biomechanics
- HLTH 6013 Behavioral Science and Health Education
- HLTH 6162 Program Planning and Evaluation in Health Education and Promotion I
- MKTG 6162 Marketing Management
- PSYC 5250 Behavioral Assessments and Interventions
- PSYC 6333 Applied Behavior Analysis
- RCLS 6100 Risk Management and Legal Liability in Recreation & Leisure

## Selected Faculty

- Brian C. Focht, B.S. East Stroudsburg University, M.S., Ph.D., University of Florida. (252) 328-2972.
- Matthew T. Mahar (Physical Activity Promotion Coordinator), B.S.E., State University of New York, Cortland; M.Ed., Ed.D. University of Houston. (252) 328-0008.
- Thomas D. Raedeke, B.A. Concordia College; M.S. University of Idaho; Ph.D., University of Oregon. (252) 328-0005.
- David A. Rowe, B.Ed.(Hons.) Worcester College; M.S. Springfield College; Ph.D. University of Georgia. (252) 328-0004.
- Donna Scales, B.S., MA.Ed., East Carolina University. (252) 328-0016

## Recent Research

- IMPACT: Increasing Motivation for Physical Activity in Children and Teachers
- *Take 10!* Classroom-based Physical Activity Intervention
- Project PHASE: After-school Activity Program and Faculty/staff Wellness Challenge
- After-school Activity Program (ASAP) for Overweight Children
- Energy Expenditure of Obese and Non-obese Girls During Free-living Physical Activities
- Digital Image Manipulation – A Novel Method to Measure Body Image
- Modeling the Determinants of Physical Activity in Children and Youth
- Reliability of Pedometer Scores in Middle School Children
- Equivalence of Body Composition Measures in Children in Grades K-12
- Affective Responses to Exercise in Women with Social Physique Anxiety
- Body Image and Pathological Dietary and Exercise patterns in College Women
- Psychological Responses to Short Duration Walking Sessions
- Do Enjoyment and Perceived Competence Mediate the Relationship between Exercise Environment and Affective Responses for Individuals with Social Physique Anxiety?
- Exercise and Mood State Changes: The Role of Enjoyment
- Motivational Climate and Peer Relationships as Predictors of Swimming Motivation and Burnout

## Graduate Assistantships

Graduate assistantships in the Department of Exercise and Sport Science are available on a competitive basis. Graduate Assistant stipends, depending on sources of income, are estimated at \$8,700 for the academic year and summer sessions. Individuals interested in applying for a graduate assistantship should request an application from Dr. Jim Decker, Director of Graduate Studies, Department of Exercise and Sport Science, 75 Minges Coliseum, East Carolina University, Greenville, NC 27858-4353.

## The University

East Carolina University provided instruction for 18,750 students in fall semester 2000, including 3,433 graduate students and 299 students in the Brody School of Medicine. Minority enrollment for the university is currently about 19 percent. ECU attracted a student body from 98 counties, 44 states and 64 foreign countries during the fall 2000 semester.

## Further Information

For further information contact: Dr. Matt Mahar, Physical Activity Promotion Concentration Coordinator, Activity Promotion Laboratory, Greenville NC 27858-4353, 252/328-0008 (voice), 252/328-4654 (fax), MaharM@mail.ecu.edu

[www.ecu.edu/exss/gradprog.htm](http://www.ecu.edu/exss/gradprog.htm)

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