

BS/BA Applied Health & Fitness  
OHSU-PSU School of Public Health

**All baccalaureate students in Applied Health & Fitness must attain the following core competencies:**

1. Demonstrate knowledge of basic public health concepts, methods, and evidenced based approaches, and the role public health plays in the health of individuals
2. Assess health and fitness in individuals, and understand how the human body adapts and responds to physical activity
3. Apply critical thinking skills to evaluate health and fitness research
4. Apply ethical and empirically based methods to design, implement, and evaluate programs to improve health and fitness



SCHOOL OF  
**PUBLIC HEALTH**