

# COURSE DETAIL

## PHYSICAL ACTIVITY FOR BETTER POPULATION HEALTH

**Country**

Singapore

**Host Institution**

National University of Singapore

**Program(s)**

National University of Singapore

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Sociology Health Sciences Biological Sciences

**UCEAP Course Number**

130

**UCEAP Course Suffix****UCEAP Official Title**

PHYSICAL ACTIVITY FOR BETTER POPULATION HEALTH

**UCEAP Transcript Title**

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**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course explores the concept of physical activity and the importance of encouraging people to move more and sit less as part of health promotion efforts. Students examine measuring movement behaviors to equip students with the ability to judge data based on how it was obtained. Students identify and analyze various factors that impact how much or little people move. This includes looking into the psychology of physical activity, environmental assessments, and policy enquiries. Insights allow students to design an intervention that can improve movement behaviors. Students can gain tangible knowledge and skills for assessing, understanding, and changing movement behaviors across diverse populations.

## Language(s) of Instruction

English

## Host Institution Course Number

SPH3404

## Host Institution Course Title

PHYSICAL ACTIVITY FOR BETTER POPULATION HEALTH

## Host Institution Course Details

<https://nusmods.com/courses/SPH3404/physical-activity-for-better-population-hea...>

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

School of Public Health Dean's Office

## Course Last Reviewed

2025-2026

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