In a professional course-based degree, M.P.H. students develop their capacity to lead evidence-informed action for public health by building a solid foundation in public health theory, methods, skills and competencies. An emphasis is placed on foundational instruction in epidemiology and biostatistics.

The 16-month M.P.H. is comprised of:
- 9 courses (6 mandatory courses and 3 elective courses)
- 400-hour practicum placement in a supervised setting
- Public Health Professional Development course (EPID 886)
- Course on Research Ethics (CORE) online tutorial (recommended)

The 12-month Accelerated M.P.H. is available for applicants with at least two years of full-time cumulative paid work experience in health care, public health, or a related field. Work experience may include two years of accredited residency through the Royal College of Physicians and Surgeons of Canada or two years work experience as a Regulated Health Professional in Canada.

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The 12-month Accelerated M.P.H. is an intensive program that requires carrying a load of four courses in fall and winter semesters.

The 12-month Accelerated M.P.H. is comprised of:
- 8 courses (6 mandatory courses and 2 elective courses)
- 400-hour practicum placement in a supervised setting
- Course on Research Ethics (CORE) online tutorial (recommended)