Response form for Certified Health Education Specialist (CHES) Category I Credit from IEJHE

Name: _____ CHES # _____

E-mail Address: _____ (Certificates will be sent via email)

International Electronic Journal of Health Education CEU Article Event # I0704

Web-Based Physical Activity Intervention for College-Aged Women

Congruent to Responsibility III: Implementing health education programs

Circle the letter of the correct response. A passing score is 80%.

1. According to research, sedentary persons engage in less than _____of moderate intensity physical per day.
   a. 10 minutes
   b. 20 minutes
   c. 25
   d. 30 minutes

2. College-aged women are at risk for developing sedentary lifestyles in the transition years between college and
   a. marriage
   b. childbirth
   c. career
   d. graduate school

3. When women enter college they become more physically active then when they were in high school.
   a. true
   b. false

4. What theory was used as the framework in the intervention to develop behavioral capacity.
   a. Health Belief Model
   b. Social Cognitive Theory
   c. Theory of Planned Behavior
   d. Theory of Reasoned Action

5. The desired sample was calculated for a _____design.
   a. non experimental
   b. repeated measures
   c. qualitative
   d. random

6. Inclusion criteria were female students aged 18-34 who were not regularly physically active and were comfortable
   a. getting weighed regularly
   b. talking about weight
   c. with computer technologies
   d. answering surveys

7. Ambulatory activity was assessed through
   a. use of videotapes
   b. use of stationary bicycles
   c. use of pedometers
   d. use of surveys

8. _____modules were created for the intervention
   a. 3
   b. 6
   c. 7
   d. 9

9. Statistical treatment of data was by
   a. Covariate analysis
   b. Multiple regression
   c. Chi squire
   d. RM-ANOVA

10. The majority of the participants were majors in the Colleges of Science and
   a. Education
   b. Engineering
   c. Humanities
   d. Forestry

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