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

Name: _____ CHES # _____

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International Electronic Journal of Health Education CEU Article Event # I0602

Exploration of Social Cognitive Factors Associated with Physical Activity Among Chinese-American Children

Congruent to Responsibility I: Assessing Individual and Community Needs for Health Education

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

1. The higher rates of diabetes, heart disease, and certain cancers among Chinese living in North America as compared to those living in Asia have been largely attributed to
   a. genetics
   b. environment
   c. behavioral factors
   d. education

2. In one study of 2,488 ethnic Chinese in the U.S., Canada, and China it was reported that native Chinese consumed more calories but less _____ than did Chinese in North America.
   a. protein
   b. fat
   c. vitamins
   d. carbohydrates

3. This study used _____ as the theoretical framework.
   a. HBM
   b. SCT
   c. TRA
   d. SCM

4. _____ sampling was utilized as a special non-probability method used due to the difficulty of accessing members of the selected population.
   a. snowball
   b. random
   c. convenience
   d. systematic

5. Questions on the study instrument were developed using questions adapted from the YRBS and
   a. CTC
   b. HBQ
   c. SES
   d. SHES

6. Perceived social support for participating in physical activity was assessed via
   a. direct observation
   b. telephone interviews
   c. an 18-item scale
   d. exercise logs

7. Data were entered and analyzed using
   a. SAS
   b. EXCEL
   c. Multiplan
   d. SPSS

8. The logistical regression models identified different correlates between the _____.
   a. younger and older participants
   b. male and female participants
   c. children and parents
   d. high risk males and low risk males

9. Findings of the current study indicate about _____ of the Chinese-American participants engaged in sufficient moderate physical activity
   a. 29%
   b. 39%
   c. 49%
   d. 59%

10. Current findings depict _____ as a significant factor related to moderate physical activity among younger children and also a significant factor related to vigorous physical activity among older participants.
   a. time of day
   b. body mass index
   c. self-efficacy
   d. blood pressure

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