

AMERICAN JOURNAL OF HEALTH STUDIES

REVIEW ACTIVITY

Objectives: Upon completion of this review activity, you should be able to do the following:

- ❶ Describe physical activity and dietary intake in a sample of college students.
- ❷ Describe high school health teachers' knowledge of adolescent suicide.
- ❸ Describe considerations related to increasing response rates in surveys.

After completing the required readings, type the appropriate response for all questions related to each article. All answer sheets must be clearly numbered and TYPED. For questions requiring listings, each item in the listings should be no longer than a phrase or a sentence. For those questions requiring a description, the description should be 2-4 sentences. Specific directions will be provided for other types of questions. Please remember to include your **name, address and CHES #** at the top of each page of your answer sheet.

I. Physical Activity and Dietary Intake Among College Students (p. 150)

1. List the five independent and six dependent variables examined in this study.
 2. Describe the time frame for recall for both the physical activity and dietary intake questions that were included in the instrument used in this study.
 3. List the average days of participation for vigorous physical activity, moderate physical activity, flexibility exercise, and muscular strength/endurance activities for students in this study.
 4. List the average number of servings for both fruit, juice, and vegetable; and high fat food consumption for students in this study.
 5. List the authors' five recommendations based on the results of this study.
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II. High School Health Teachers' Knowledge of Adolescent Suicide (p. 167)

1. List the three research questions examined in this study.
 2. Describe how knowledge scores differed for teachers based on sex and whether or not a student had expressed suicidal thoughts to the respondents.
 3. List the authors' four recommendations based on the results of this study.
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III. Increasing Response Rates: Specific Applications (p. 175)

1. Describe the importance of the length of a questionnaire compared to ease in completing the instrument and the interest of the respondent in the topic.
2. Describe the concept of weighting for response rates based on respondents who do not proportionately represent the study sample.

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REVIEW ACTIVITY REGISTRATION FORM

Name _____ CHES # _____

Address _____

Daytime Telephone # _____

Email _____

Setting in which you practice Health Education (Circle one)

- ❖ School
- ❖ College/University
- ❖ Community
- ❖ Worksite
- ❖ Medical Care

Position Title _____ Years in Profession _____

Review Activity Evaluation

(Circle the appropriate response)

	STRONGLY DISAGREE				STRONGLY AGREE
1 Activities address objectives	1	2	3	4	5
2 Contact hours equivalent to actual work hours	1	2	3	4	5
3 Content relevant to professional practice	1	2	3	4	5
4 The activities contributed to my professional growth	1	2	3	4	5

Comments: _____

Note: A separate form must be submitted with each Review Activity.