

## AMERICAN JOURNAL OF HEALTH STUDIES

### REVIEW ACTIVITY

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

- ❶ Describe important aspects of a study of tobacco education in North American Medical School Curricula.
- ❷ Describe key aspects of the ecological model for worksite health promotion.
- ❸ Describe characteristics related to meeting CDC/ACSM Physical Activity Guidelines in Adults.

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 listing 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. **Tobacco Education in North American Medical School Curricula (pg. 173)**
  1. List three barriers to physicians counseling patients about smoking cessation.
  2. List the major areas of content covered by the instrument used in this study.
  3. Describe the response rate for the survey by country.
  4. List three findings from this study.
  5. List two recommendations from the authors for future research.
- II. **Characteristics Related to Meeting CDC/ACSM Physical Activity Guidelines in Adults (pg. 191)**
  1. Describe the CDC/ACSM guidelines for moderate and vigorous physical activity.
  2. List the three research questions for this study.
  3. Describe demographic characteristics of the respondents to the questionnaire used in this study.
  4. Describe two of the authors' recommendations based on the findings of this study.
- III. **Application of an Ecological Perspective in Worksite Health Promotion: A Review (pg. 197)**
  1. List the five factors of the ecological approach to health promotion.
  2. List one example of a worksite health promotion application for four of the factors of the ecological model.

---

# AMERICAN JOURNAL OF HEALTH STUDIES

## REVIEW ACTIVITY REGISTRATION FORM

Name: \_\_\_\_\_ CHES # \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Daytime Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Setting in which you practice (circle one)

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

Position Title \_\_\_\_\_ Years in Profession \_\_\_\_\_

### Review Activity Evaluation

(circle the most 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.