




Physical Activity Guidelines for Americans



A self-study continuing education course providing 6 CPEs or Category 1 CECHs (includes 3 advanced hours)

<p>General Information</p>	<p>Instructor: Jim Grizzell, MBA, MA, MCHES, ACSM-HFS, FACHA Email: jimgrizzell@healthedpartners.org Phone: 909-856-3350 (cell, please call between 8 am - 9 pm PT) Course Tools: All materials available online. Use Adobe Reader </p>
<p>Course Description</p> 	<p>This is a self-study learning experience using text and audio files available online about the Federal Government's first-ever Physical Activity Guidelines for Americans. Health professionals will be able to serve as expert resources persons and communicate and advocate for health. The course describes the types and amounts of physical activity that are informed by evidence and offer substantial health benefits to Americans.</p>
<p>Course Goals and Objectives</p>	<ul style="list-style-type: none"> • Describe the history and background, and process of developing the guidelines • Articulate the information and guidance for policy makers and health professional • List and describe the tools available to promote physical activity • Describe the science-base and strength of evidence of the guidelines
<p>Course Requirements</p>	<p><i>Study Materials:</i> Articles, guides and web pages <i>15-Question Assessment</i> (pass with ≥70% (score ≥10.5 of 15) <i>Course Evaluation</i></p>
<p>The entire course will be done electronically using the web and email. Here are 2 links: one with the Study Guide and the direct link to this Study Guide. www.healthedpartners.org/ceu/pag & www.healthedpartners.org/ceu/pag/pagstudyguide.pdf 15-question multiple choice post-course assessment (required) Use Adobe Reader to complete the test (click on image)  www.healthedpartners.org/ceu/pag/pagtestform.pdf Course Evaluation (required) www.surveymonkey.com/s/pagcourseevaluation</p>	
<p>Course Completion Certificate</p>	<p>Course completion certificate for 6.0 CPEs for RDs and DTRs and 6.0 CECHs (continuing education contact hours, includes 3 advanced hours) for CHES will be awarded if a score of ≥70% (≥10.5 of 15) is achieved and the Course Evaluation is completed. Payment of fee is required.</p>

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NOTE: You get the entire Toolkit on a CD and hard copies If you "[Become a Supporter](#)" of the Physical Activity Guidelines for Americans. There is no charge for the Toolkit with all the materials used for course assignments. To read more go to this web page: <http://www.health.gov/paguidelines/signUpForm.aspx>.

Physical Activity Guidelines for Americans



Introduction

The goal of this course is to help health educators and others be able to articulate the *2008 Physical Activity Guidelines for Americans* which provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the Guidelines can help you serve as a health education resource person and communicate and advocate for health.

- Learn about the health benefits of physical activity
- Understand how to do physical activity in a manner that meets the Guidelines
- Understand how to reduce the risks of activity-related injury
- Assist others in participating regularly in physical activity


The screenshot shows the homepage of the Physical Activity Guidelines for Americans website. At the top, it features the U.S. Department of Health & Human Services logo and the website address www.hhs.gov. The main heading is "Physical Activity Guidelines for Americans" with silhouettes of a cyclist, a walker, and a person in a wheelchair. A navigation menu on the left includes links for Home, Blog, FAQs, Guidelines, Be Active Your Way, Toolkit, Advisory Committee, Federal Resources, Become a Supporter, and News Room. The main content area is titled "2008 Physical Activity Guidelines for Americans" and includes a paragraph explaining the guidelines. Below this are several promotional boxes: "Follow Our Blog" with a "NEW!" badge, "Be Active Your Way" with a "start" button, "2008 Physical Activity Guidelines for Americans" for policy makers, "Be Active Your Way: A Guide for Adults" for adults aged 18-64, "2008 Physical Activity Guidelines Toolkit" for organizations, and "2008 Physical Activity Guidelines Advisory Committee Report" for health professionals. At the bottom left, there are buttons for "Get Active" and "HIV Testing Day Send an E-card".

www.health.gov/paguidelines/


Physical Activity Guidelines for Americans



NOTE: You have 2 ways to “read” the text of files, articles and web pages. You can choose to read text from pdf files or web pages. You can also listen to (not required) the same text of most files with MP3/Audio files. See page 6 if you would like hints and help using the pdf, html and mp3/audio files.

Estimated Time	Objectives and Assignments
~0.25 hours	<p>Introduction</p> <ul style="list-style-type: none"> Review this Study Guide (~15 min)
~1.25 hours	<p>Section 1: Introduction and Background</p> <p>After studying the materials the participant will be able to:</p> <ol style="list-style-type: none"> Describe the history and background of the new guidelines Explain the process of developing the “evidence-informed” guidelines <p>Reading and/or Listening Assignments</p> <ul style="list-style-type: none"> Morbidity and Mortality Weekly Report (~20 min) PDF AUDIO Richard Troiano (bio), PhD, Capt, US Public Health Service, Coordinator, Advisory Committee, George Washington University Grand Rounds Presentation (~40 min) PDF AUDIO NOTE: you can watch Dr. Troiano’s presentation recorded by Kaisernetwork.org. The PowerPoint presentation, however, is not shown during the recorded video. Viewing this video is optional. VIDEO Dr. Troiano, Grand Rounds PowerPoint Presentation, (~15 min) PDF <p><i>NOTE: Listening to audio files and video is optional</i></p>
~2.25 hours	<p>Section 2: Physical Activity Guidelines for Americans – <u>For Policy Makers and Health Professionals</u></p> <p>After studying the material in this section the participant will be able to:</p> <ol style="list-style-type: none"> Articulate the physical activity guidelines Explain the rationale for the physical activity guidelines <p>Reading and/or Listening Assignments</p> <ul style="list-style-type: none"> 2008 Physical Activity Guidelines for Americans: For policy makers and health professionals.  NOTE: if you want to download the entire document see links on page 7. <ul style="list-style-type: none"> Letter, Acknowledgements, Summary, Roadmap; PDF AUDIO1 AUDIO2



	<p>Chapters 1 & 2: Introducing the 2008 Physical Activity Guidelines for Americans & Physical Activity Has Many Benefits (~40 min)</p> <ul style="list-style-type: none"> • Chapters 3 & 4: Active Children and Adolescents and Active Adults (~25 min) PDF AUDIO • Chapters 5 & 6: Older Adults and Safe and Active (~25 min) PDF AUDIO • Chapters 7 & 8: Additional Considerations & Taking Action (~20 min) PDF AUDIO • Glossary and Appendices 1, 2, 3 (~20 min) PDF AUDIO 										
<p>~1.25 hours</p>	<p>Section 3: Toolkit for <u>Organizations and Communities</u></p> <p>After studying the material in this section the participant will be able to:</p> <ol style="list-style-type: none"> 1. List and describe the tools in the toolkit 2. Describe the information in the Adult Guide 3. Articulate answers to frequently asked questions <p>Reading and/or Listening Assignment</p> <ul style="list-style-type: none"> • Toolkit User's Guide (~15) PDF AUDIO • Adult Guide (~15 min) PDF AUDIO • Fact Sheet for Professionals (~5 min) PDF AUDIO • Fact Sheet for Adults (~5 min) PDF AUDIO • Frequently Asked Questions (~12 min) PDF AUDIO • Federal Resources (~5 min) PDF • PowerPoint Presentation (pdf has notes, PPT is the actual presentation, read/view/study either one, ~15 min) PDF PPT • 4 Posters and matching event flyers (~8 min) <table border="0"> <tr> <td>Poster</td> <td>Flyer</td> </tr> <tr> <td>• Black woman with dumbbell PDF</td> <td>PDF</td> </tr> <tr> <td>• Couples walking PDF</td> <td>PDF</td> </tr> <tr> <td>• Man in wheel chair PDF</td> <td>PDF</td> </tr> <tr> <td>• Family PDF</td> <td>PDF</td> </tr> </table> 	Poster	Flyer	• Black woman with dumbbell PDF	PDF	• Couples walking PDF	PDF	• Man in wheel chair PDF	PDF	• Family PDF	PDF
Poster	Flyer										
• Black woman with dumbbell PDF	PDF										
• Couples walking PDF	PDF										
• Man in wheel chair PDF	PDF										
• Family PDF	PDF										
<p>~0.5 hour</p>	<p>Section 4: Physical Activity Guidelines Advisory Committee Report</p> <p>After studying the material in this section the participant will be able to:</p> <ol style="list-style-type: none"> 1. Describe science and strength of evidence behind the guidelines <p>Reading and/or Listening Assignment</p> <ul style="list-style-type: none"> • Report Summary of Advisory Committee Report for Health Professionals and Researchers (~30 min) PDF AUDIO • NOTE: If you want to read the complete 683 page Advisory Committee Report links are on page 7. 										



~0.25 hour

Take test and complete evaluation

Use **Adobe Reader** to open and take the test. It allows you to see your score as you answer questions. Click on the icon or the link below to get the free program.



<http://www.adobe.com/products/reader.html>

15-question test: www.healthedpartners.org/ceu/pag/pagtestform.pdf

Course evaluation: <https://www.surveymonkey.com/r/pagcourseevaluation>

Steps for taking the test:

1. **Save** the test from your browser to your computer or a drive. Remember where it is. Keep for your records and for submission after completing test.
2. **Start Adobe Reader**
3. **Open** the Adobe test form with **Adobe Reader**. **NOTE:** Be sure you are not using another pdf form reader (test answers may not be visible after saving, the "Submit" button will not work to send the test data)
4. **Take** the test (scroll to page x to see your score, correct answers if desired)
5. **Save** the test again to your computer or a drive.
6. Two ways to **email or submit** your test (depends on email program)
 - a. Attach to email to ce@healthedpartners.org (best if you use gmail, yahoo, live, comcast, or other internet based email programs)
 - b. Or "Submit" button only if you use Microsoft Outlook



Hints to Download, Read, Listen to and Do Key Word Searches of Course Materials

PDF and HTML Files

You'll need Adobe Reader or another program that opens pdf files.

To open these files click the left button of your mouse. Be sure you are connected to the internet

To save files to your computer click the right button and follow instructions on the screen.

AUDIO Files

These have the same text that is in the guides and web pages. They provide an optional way to conveniently study and **listen while you do other things like your physical activity and exercise** 😊.

The audio files are spoken at about 125 words per minute so listening time is about twice that of reading the pdf files or web pages. The text can sound awkward since it is converted to speech using text-to-speech software. Also, text may have gone through several conversions from pdf to Word to plain text before conversion to speech. As a result some words are not pronounced the way we're familiar. A suggestion is to listen for the concepts in the article and try to ignore the voice.

What to Use for Listening: Audio files read from assignment text are in mp3 format. You can listen to these with many programs such as Windows Media Player, RealPlayer or QuickTime. If you prefer to listen to these you may need to set options on your browser to open in a specific one or download and save to your hard drive. Also, download to listen on an Ipod or an Iphone.

To open these files click the left button of your mouse. Be sure you are connected to the internet.

To save files to your computer click the right button and follow instructions on the screen.

Search within PDF Documents and Web Pages

If you would like help on this please go to pages 8 - 10 for instructions.



Additional Optional Course Materials and Resources

Physical Activity Guidelines for Americans: For policy makers and health professionals

This is the complete document with all the assignments in Section 2. Its pdf file size is 8.5 mb, 76 pages long and at 250 words per minute would take about 2.25 hours to read. [PDF](#)

The web page lets you open individual web pages for each chapter.

<http://www.health.gov/paguidelines/guidelines/default.aspx>

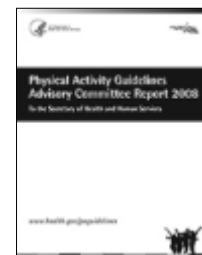


Physical Activity Guidelines Advisory Committee Report

<http://www.health.gov/paguidelines/committeereport.aspx>

The web page lets you open individual web pages for each part of the report. The report is 683 pages and pdf file size is 4.7 mb.

<http://www.health.gov/paguidelines/Report/Default.aspx>



CDC Youth Physical Activity Guidelines Toolkit

<http://www.cdc.gov/Healthyyouth/physicalactivity/guidelines.htm#1>

The toolkit can be used by anyone who promotes youth physical activity, including community leaders; physical education and health education teachers; physical activity coordinators at the school, district, and state levels; and physical activity practitioners working in health or community-based organizations.



Creating a Robust Public Health Infrastructure for Physical Activity

www.healthedpartners.org/ceu/pag/infrastructureforpa.pdf

Yancey, A., Fielding, J., Flores, G., Sallis, J., McCarthy, J., Breslow, L. Creating a robust public health infrastructure for physical activity. *Am J Prev Med* 2007;32(1).

Abstract: The essential role of physical activity both as an independent protective factor against numerous common chronic diseases and as a means to maintain a healthy weight is gaining increasing scientific recognition. Although the science of physical activity promotion is advancing rapidly, the practice of promoting physical activity at a population level is in its infancy. The virtual absence of a public health practice infrastructure for the promotion of physical activity at the local level presents a critical challenge to control policy for chronic disease, and particularly obesity. To translate the increasing evidence of the value of physical activity into practice will require systemic, multilevel, and multisectoral intervention approaches that build individual capability and organizational capacity for behavior change, create new social norms, and promote policy and environmental changes that support higher levels of energy expenditure across the population. This paper highlights societal changes contributing to inactivity; describes the evolution and current status of population-based public health physical activity promotion efforts in research and practice settings; suggests strategies for engaging decision makers, stakeholders, and the general public in building the necessary infrastructure to effectively promote physical activity; and identifies specific recommendations to spur the creation of a robust public health infrastructure for physical activity.



Key Word Search within PDF Document & Web Page

Browsers

Firefox Mozilla

(from Help or go to http://support.mozilla.com/en-US/kb/Searching+within+a+page?style_mode=inproduct&s=search)

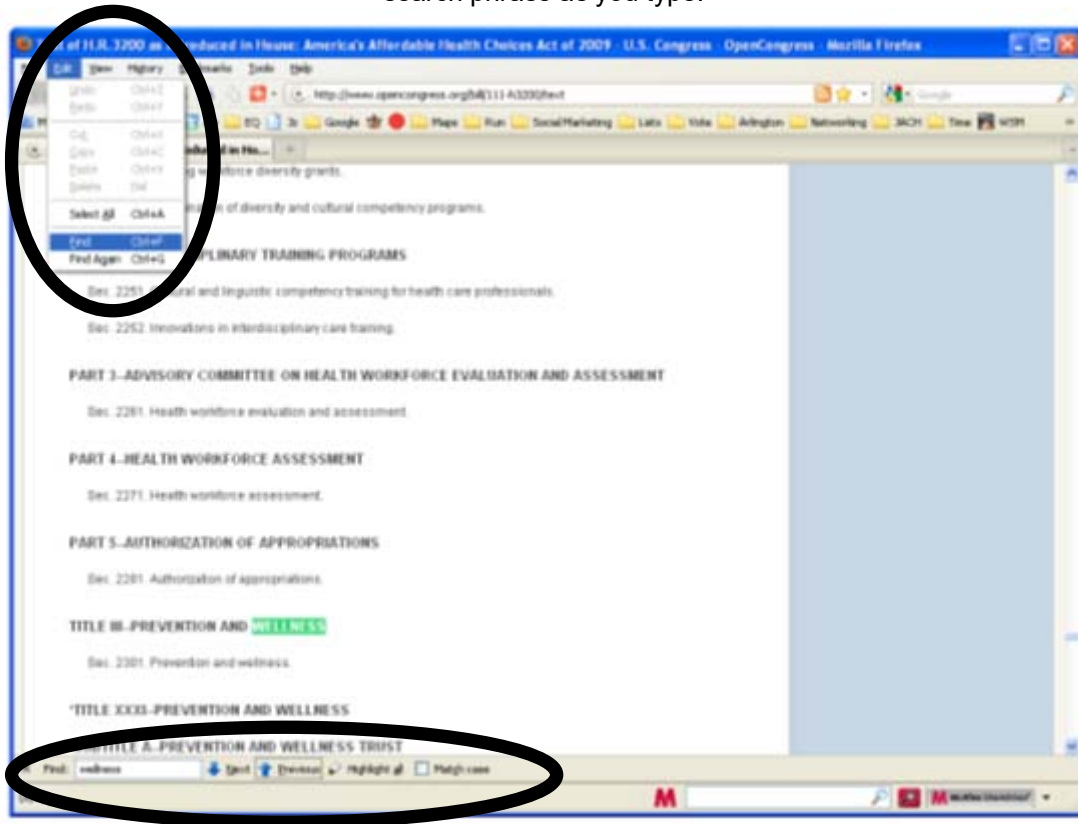
Using the Find bar

To start searching for text on a page:

Open the Find bar:

- Use the Ctrl+F keyboard shortcut.
- Click on the **Edit** menu, then select Find.

Type a search phrase into the Find Bar's **Find:** field. Firefox will start highlighting instances of your search phrase as you type.



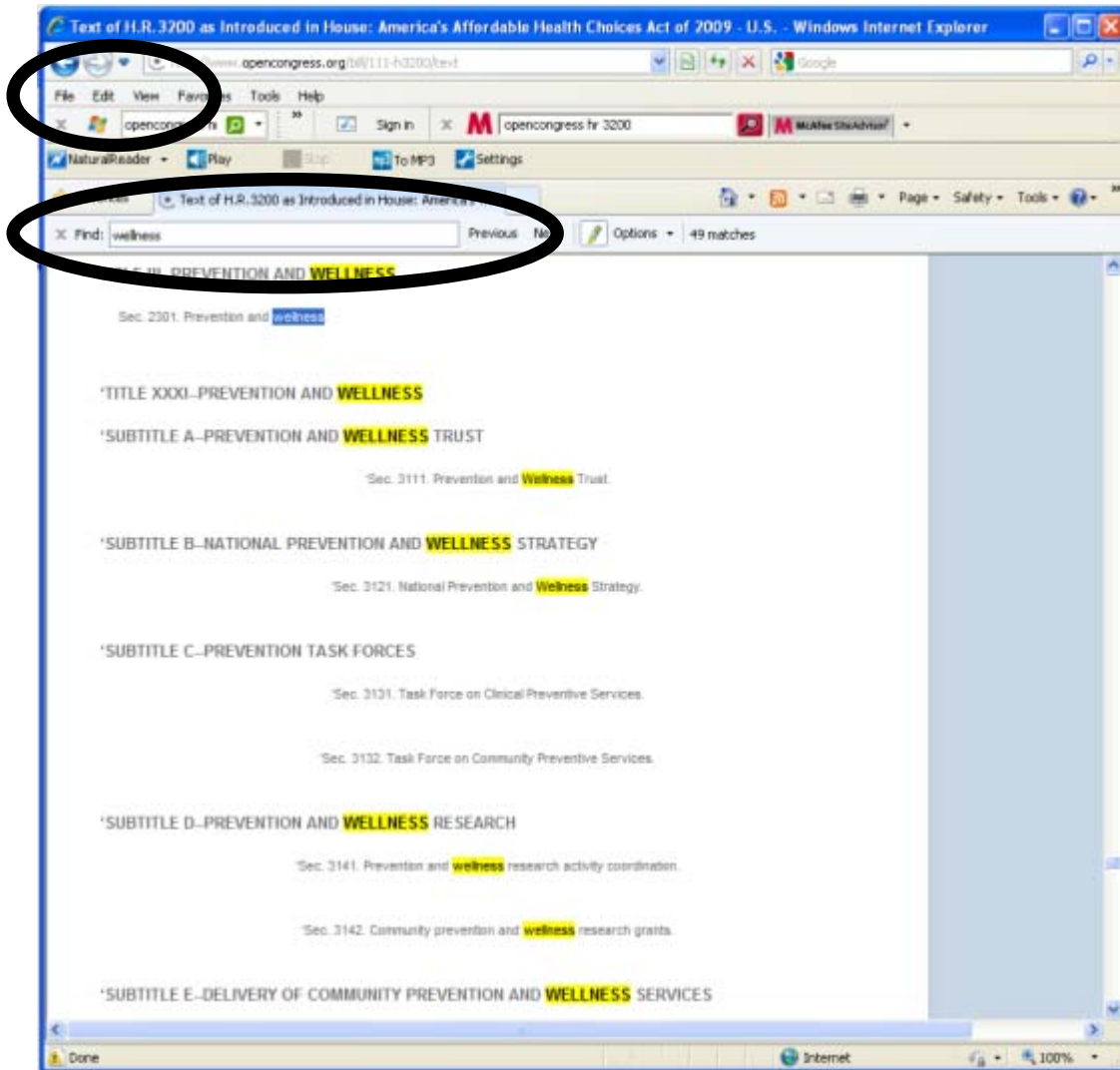
Internet Explorer (from IE Help)

To find information on a webpage

Physical Activity Guidelines for Americans



1. In Internet Explorer, click the **Edit** menu, and then click **Find on this Page** to display the text box on the tab row.
2. In the text box on the tab row, type the word or phrase you want to find on this page. The number of matches found will appear next to the **Options** button, and the page will automatically scroll to the first occurrence of the word or phrase.
3. To go to the next or previous instance of the word or phrase, click the **Next** or **Previous** button.



Adobe PDF

Find text in a PDF

The Find toolbar searches the currently open PDF.

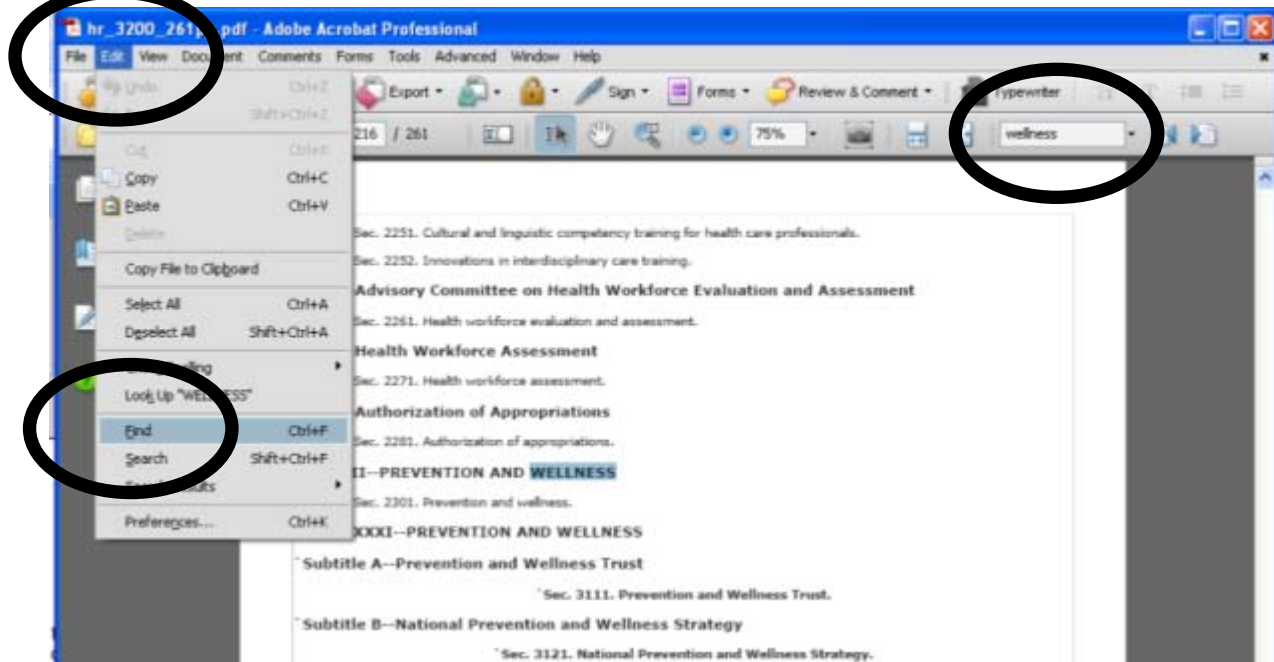
1. Type the text you want to search for in the text box on the Find toolbar.
2. (Optional) Click the arrow next to the text box and choose one or more of the following:
3. Press Enter.

Physical Activity Guidelines for Americans



Acrobat jumps to the first instance of the search term, which appears highlighted.

4. Press Enter repeatedly to go to the next instances of the search term.



Describe the history and background of HIAs

List organizations promoting use of HIAs

Describe the types and process of doing HIAs

Explain how HIAs have been and can be used in the US in the future

Select and explain the rationale for the selection of guides for doing HIAs