**Read/study sections with headings and subheadings with yellow highlight.**

**Text with grey highlight is not needed for the course.**

Read/study the presentations separately as individual files from the Physical Activity Guidelines for Americans web site.

The selected pages from the meeting summaries start on the third page of this document.

|  |  |
| --- | --- |
| ~2.0 hours  PAG Advisory Committee Report  **IN THIS SECTION:**  Public meeting summaries and presentations focusing on promoting physical activity and reducing sedentary behavior,  Four test questions from this section. | **Section 5b: Advisory Committee – Public Meetings with Focus on Sub-committees on Promoting Physical Activity and Reducing Sedentary Behaviors**  **After studying the material in this section, the participant will be able to:**   * For Promoting regular physical activity and reducing sedentary behavior explain the process of identifying data, assessing needs, synthesizing assessment findings, and applying findings during all five meetings   **Assignments**   * **Read/study/view** each of the five presentations and the Final Report   + **Public Meetings 2, 3, 4, and 5** – <https://health.gov/paguidelines/second-edition/meetings/> (~2 min)   + **NOTE:** Two (2) ways to read the Summary for each meeting text from the Promoting Regular Physical Activity and Sedentary Behaviors Subcommittees:     - * Download/open each Summary document and find the pages listed below **or** download this pdf file which has the selected pages for the Promotion of Physical Activity and Reducing Sedentary Behavior and Sedentary Subcommittee summaries for meetings 2, 3, 4, and 5 in one pdf file [www.healthedpartners.org/ceu/ebpag/meeting-1-2-3-4-pa-sed-summaries.pdf](http://www.healthedpartners.org/ceu/ebpag/meeting-1-2-3-4-pa-sed-summaries.pdf)         + **Meeting 2** – web page - <https://health.gov/paguidelines/second-edition/meetings/2/> (~2 min)         + **Summary** – read only **Promotion of Physical Activity** and **Sedentary Behavior** **Subcommittees** text on pages 7-8 <https://health.gov/paguidelines/second-edition/meetings/2/PAGAC-Meeting-2-Summary.pdf> (2 pages, ~3 min)         + **Two Presentations** –   <https://health.gov/paguidelines/second-edition/meetings/2/10-Promotion-of-Physical-Activity.pdf> (8 slides, ~8 min) **and**  <https://health.gov/paguidelines/second-edition/meetings/2/11-Sedentary-Behavior.pdf> (10 slides, 10 min)   * + - * **Meeting 3** – web page - <https://health.gov/paguidelines/second-edition/meetings/3/> (~2 min)       * **Summary** – read only **Sedentary Behavior** and **Promotion of Physical Activity Subcommittees** text on page 4-6 <https://health.gov/paguidelines/second-edition/meetings/3/PAGAC-Meeting-3-Summary.pdf> (3 pages, ~3 min)       * **Two Presentations** – **Promotion of Physical Activity** and **Sedentary Behaviors** **Subcommittees** –       * <https://health.gov/paguidelines/second-edition/meetings/3/07-Promotion.pdf> (10 slides, 5 to 10 min) and       * <https://health.gov/paguidelines/second-edition/meetings/3/05-Sedentary.pdf> (17 slides, 8 to 17 min)       * **Meeting 4** – web page- <https://health.gov/paguidelines/second-edition/meetings/4/> (~2 min)       * **Summary** – read only **Sedentary Behaviors and Promotion of Physical Activity Subcommittees** text on pages 22-26, 28–31 - <https://health.gov/paguidelines/second-edition/meetings/4/PAGAC-Meeting-4-Summary.pdf> (9 pages, 15 min)       * **Two Presentations** – **Sedentary Behaviors** and **Promotion of Physical Activity Subcommittees** –       * <https://health.gov/paguidelines/second-edition/meetings/4/09-Sedentary-Behavior-SC-Presentation.pdf> (60 slides, 30 to 60 min) and       * <https://health.gov/paguidelines/second-edition/meetings/4/11-Promotion-of-Physical-Activity-SC-Presentation.pdf> (35 slides, 23 to 35 min)       * **Meeting 5** -web page - <https://health.gov/paguidelines/second-edition/meetings/5/> (~2 min)       * **Summary** - read only **Promotion of Physical Activity Subcommittee** (pages 26-29, Sedentary Behavior Subcommittee did not have a presentation at this meeting) <https://health.gov/paguidelines/second-edition/meetings/5/PAGAC-Meeting-5-Summary.pdf> (4 pages, ~10 min)       * **Presentation** - **Promotion of Physical Activity Subcommittee** - <https://health.gov/paguidelines/second-edition/meetings/5/09-PA-Promotion-SC-Presentation.pdf> (35 slides, 23 to 35 min) |