


# Physical Activity Guidelines for Americans



A self-study distance continuing education course providing 6 Category 1 CECHs for 6 hours of study time

<p><b>General Information</b></p>	<p>Instructor: Jim Grizzell, MBA, MA, CHES, ACSM-HFS, FACHA                  Email: <a href="mailto:jim@healthedpartners.org">jim@healthedpartners.org</a>                  Phone: 909-856-3350 (cell, please call between 8 am - 9 pm ET)                  Course Tools: All materials available online</p>
<p><b>Course Description</b></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><b>Course Goals and Objectives</b></p>	<ul style="list-style-type: none"> <li>• Describe the history and background, and process of developing the guidelines</li> <li>• Articulate the information and guidance for policy makers and health professional</li> <li>• List and describe the tools available to promote physical activity</li> <li>• Describe the science-base and strength of evidence of the guidelines</li> </ul>
<p><b>Course Requirements</b></p>	<p><u>Study Materials:</u> Articles, guides and web pages in choices of text or speech  <u>15-Question Assessment</u> (pass with ≥70% (score ≥10.5 of 15)  <u>Course Evaluation</u></p>
<p><b>The entire course will be done electronically using the web and email.</b>                  Here are 2 links: one with the Study Guide and the direct link to this Study Guide.  <a href="http://www.healthedpartners.org/ceu/pag">www.healthedpartners.org/ceu/pag</a> &amp;  <a href="http://www.healthedpartners.org/ceu/pag/pagstudyguide.pdf">www.healthedpartners.org/ceu/pag/pagstudyguide.pdf</a>  <b>15-question multiple choice post-course assessment (required)</b>  <a href="http://www.healthedpartners.org/ceu/pag/pagtestform.pdf">www.healthedpartners.org/ceu/pag/pagtestform.pdf</a>  <b>Course Evaluation (required)</b>  <a href="http://www.surveymk.com/s/pagcourseevaluation">www.surveymk.com/s/pagcourseevaluation</a></p>	
<p><b>Course Completion Certificate</b></p>	<p>Course completion certificate for 6.0 CECHs (continuing education contact hours) will be awarded if a score of ≥70% (score ≥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

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

## Physical Activity Guidelines for Americans

### 2008 Physical Activity Guidelines for Americans

The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amounts of physical activity that offer substantial health benefits to Americans.

**NEW!** **Follow Our Blog**  
Join the conversation! **Keep up** on the latest Physical Activity Guidelines news.

**Be Active Your Way**  
Want tips to get active your way? Take a quick **quiz** and get tips on how you can stay active.

**2008 Physical Activity Guidelines for Americans**  
For policy makers and health professionals

**Be Active Your Way: A Guide for Adults**  
For adults aged 18–64

**2008 Physical Activity Guidelines Toolkit**  
For organizations and communities

**2008 Physical Activity Guidelines Advisory Committee Report**  
For health professionals and researchers


Get Active [healthfinder.gov](http://healthfinder.gov)

HIV Testing Day  
Send an E-card

[www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)


**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><b>Introduction</b></p> <ul style="list-style-type: none"> <li>Review this Study Guide (~15 min)</li> </ul>
~1.25 hours	<p><b>Section 1: Introduction and Background</b></p> <p>After studying the materials the participant will be able to:</p> <ul style="list-style-type: none"> <li>Describe the history and background of the new guidelines</li> <li>Explain the process of developing the “evidence-informed” guidelines</li> </ul> <p><b>Reading and/or Listening Assignments</b></p> <ul style="list-style-type: none"> <li>Morbidity and Mortality Weekly Report (~20 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>Richard Troiano (<a href="#">bio</a>), PhD, Capt, US Public Health Service, Coordinator, Advisory Committee, George Washington University Grand Rounds Presentation (~40 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li><b>NOTE:</b> 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. <a href="#">VIDEO</a></li> <li>Dr. Troiano, Grand Rounds PowerPoint Presentation, (~15 min) <a href="#">PDF</a></li> </ul> <p><i>NOTE: Listening to audio files and video is optional</i></p>
~2.25 hours	<p><b>Section 2: Physical Activity Guidelines for Americans – <u>For Policy Makers and Health Professionals</u></b></p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> <li>Articulate the physical activity guidelines</li> <li>Explain the rationale for the physical activity guidelines</li> </ul> <p><b>Reading and/or Listening Assignments</b></p> <ul style="list-style-type: none"> <li>2008 Physical Activity Guidelines for Americans: For policy makers and health professionals. </li> <li><b>NOTE:</b> if you want to download the entire document see links on page 7.</li> <li>1. Letter, Acknowledgements, Summary, Roadmap; Chapters 1 &amp; 2: Introducing the 2008 Physical Activity Guidelines for Americans &amp; Physical Activity Has Many Benefits (~40 min) <a href="#">PDF</a> <a href="#">AUDIO1</a> <a href="#">AUDIO2</a></li> <li>2. Chapters 3 &amp; 4: Active Children and Adolescents and Active Adults (~25 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> </ul>

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	<ul style="list-style-type: none"> <li>3. Chapters 5 &amp; 6: Older Adults and Safe and Active (~25 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>4. Chapters 7 &amp; 8: Additional Considerations &amp; Taking Action (~20 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>5. Glossary and Appendices 1, 2, 3 (~20 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> </ul>
<p>~1.25 hours</p>	<p><b>Section 3: Toolkit for <u>Organizations and Communities</u></b></p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> <li>• List and describe the tools in the toolkit</li> <li>• Describe the information in the Adult Guide</li> <li>• Articulate answers to frequently asked questions</li> </ul> <p><b>Reading and/or Listening Assignment</b></p> <ul style="list-style-type: none"> <li>• Toolkit User's Guide (~15) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>• Adult Guide (~15 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>• Fact Sheet for Professionals (~5 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>• Fact Sheet for Adults (~5 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>• Frequently Asked Questions (~12 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>• Federal Resources (~5 min) <a href="#">PDF</a></li> <li>• PowerPoint Presentation (pdf has notes, PPT is the actual presentation, read/view/study either one, ~15 min) <a href="#">PDF</a> <a href="#">PPT</a></li> <li>• 4 Posters and matching event flyers (~8 min) <ul style="list-style-type: none"> <li>• Black woman with dumbbell <a href="#">Poster</a> <a href="#">Flyer</a></li> <li>• Couples walking <a href="#">PDF</a> <a href="#">PDF</a></li> <li>• Man in wheel chair <a href="#">PDF</a> <a href="#">PDF</a></li> <li>• Family <a href="#">PDF</a> <a href="#">PDF</a></li> </ul> </li> </ul>
<p>~0.5 hour</p>	<p><b>Section 4: Physical Activity Guidelines Advisory Committee Report</b></p> <p>After studying the material in this section the participant will be able to:</p> <ul style="list-style-type: none"> <li>• Describe science and strength of evidence behind the guidelines</li> </ul> <p><b>Reading and/or Listening Assignment</b></p> <ul style="list-style-type: none"> <li>• <b>Report Summary</b> of Advisory Committee Report for Health Professionals and Researchers (~30 min) <a href="#">PDF</a> <a href="#">AUDIO</a></li> <li>• <b>NOTE:</b> If you want to read the complete 683 page Advisory Committee Report links are on page 7.</li> </ul> 
<p>~0.25 hour</p>	<p><b>Take test and complete evaluation</b></p> <ul style="list-style-type: none"> <li>• 15-question test <a href="#">PDF Form*</a></li> <li>• Course evaluation <a href="#">HTML</a></li> </ul> <p style="text-align: right;">(continued on next page)</p>

# Physical Activity Guidelines for Americans



\* This is an Adobe PDF Form. Download the form and save it to your computer. When it is open answer the questions. Your total score will be on the last page. You can change your answers. To submit your answers click on the "Submit" button in the upper right corner of the window the form is in. The data will be sent using one of 2 email programs: if you use MS Outlook the data will be sent automatically or 2) if you use another program like gmail or yahoo you must save the form with your answers, attach it to an email and send the form to [ce@healthedpartners.org](mailto:ce@healthedpartners.org). Select the appropriate radio button for the type of email program you want to use.

**Select Email Client**

Please indicate the option which best describes how you send mail.

**Desktop Email Application**  
Choose this option if you currently use an email application such as Microsoft Outlook Express, Microsoft Outlook, Eudora, or Mail.

**Internet Email**  
Choose this option if you currently use an Internet email service such as Yahoo or Microsoft Hotmail. You will then need to save your form and return it manually to [ce@healthedpartners.org](mailto:ce@healthedpartners.org) using your Internet email service.

Don't show again

OK Cancel





## 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 Ipad 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>

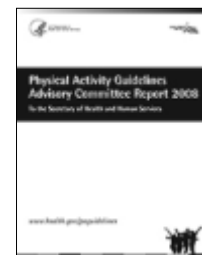


### Physical Activity Guidelines Advisory Committee Report

<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](http://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](http://support.mozilla.com/en-US/kb/Searching+within+a+page?style_mode=inproduct&s=search))

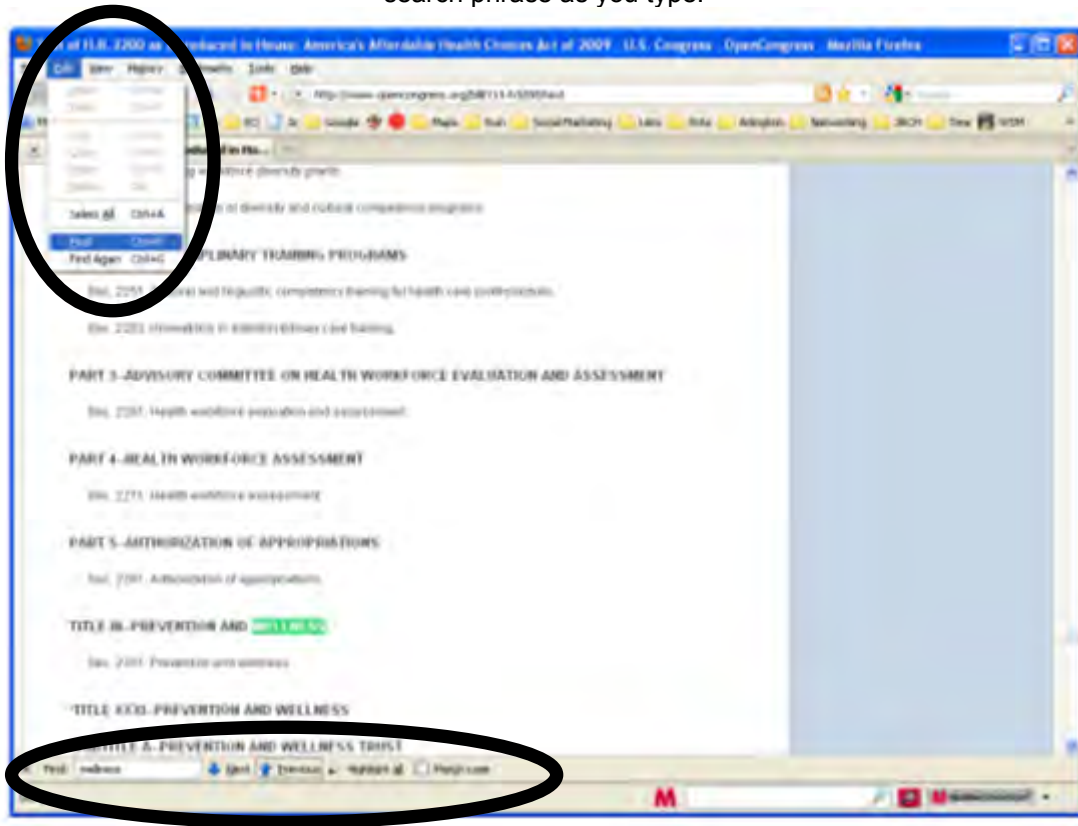
#### *Using the Find bar*

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)

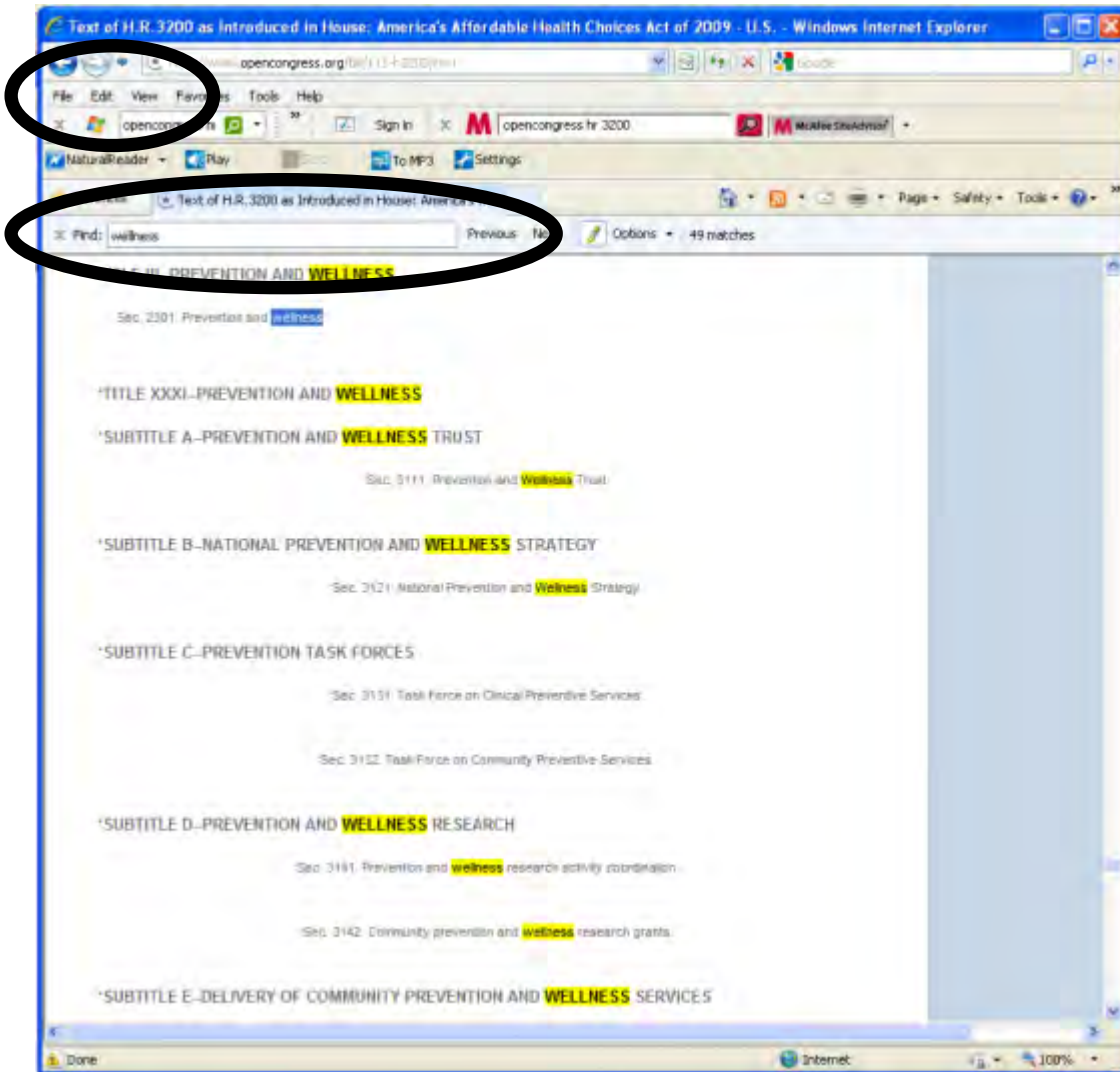
To find information on a webpage



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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.

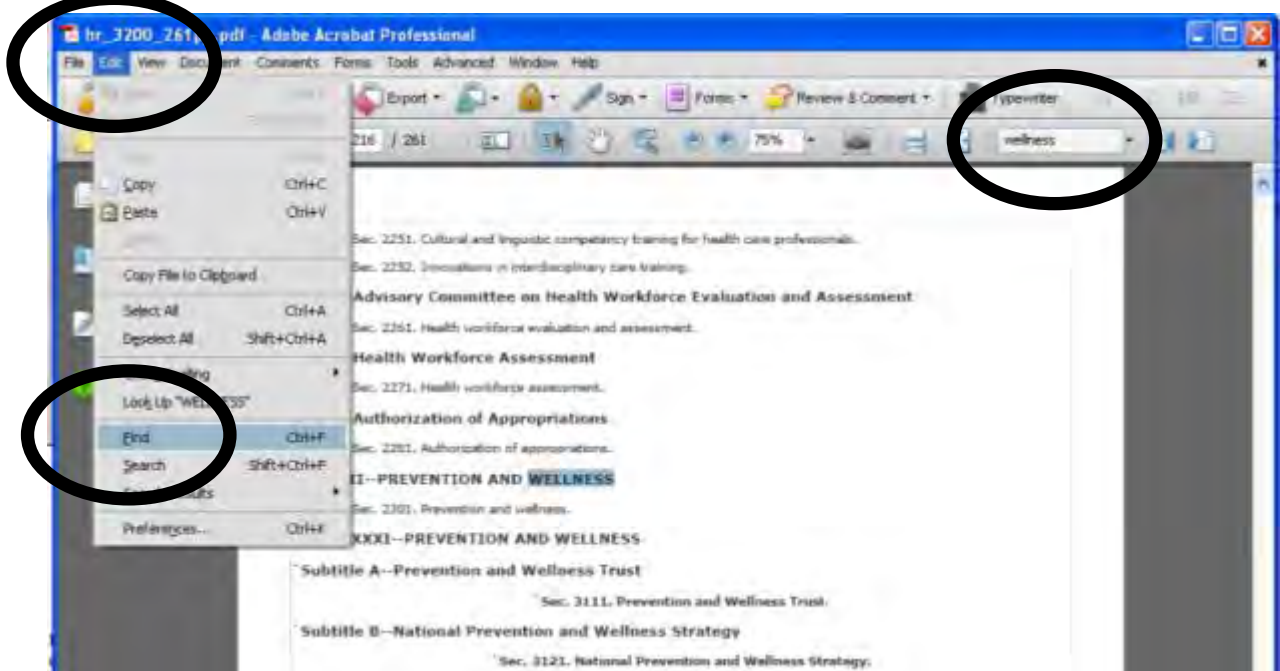
1. Type the text you want to search for in the text box on the Find toolbar.
2. (Optional) Click the arrow next to the text box and choose one or more of the following:
3. Press Enter.

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

# Physical Activity Guidelines for Americans



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