
AMERICAN JOURNAL OF HEALTH STUDIES

REVIEW ACTIVITY FOR CONTINUING EDUCATION CONTACT HOURS

American Journal of Health Studies has been designated as a Multiple Event Provider of Continuing Education for Certified Health Education Specialists (CHES) by the National Commission for Health Education Credentialing, Inc. (NCHEC). **This *American Journal of Health Studies* Review Activity is offered only to those CHES who are subscribers to the *American Journal of Health Studies* through individual or institutional subscriptions (except library subscriptions).** The activity requires reading selected articles from this issue of *American Journal of Health Studies* and submitting short answers to a series of questions related to the content of articles. The answers to the questions you choose to answer can be forwarded to the AJHS in three ways; mail, fax, or as an E-mail attachment (MS word format or scanned document). Please use the addresses and fax number listed below.

American Journal of Health Studies
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Durham, NC 27713
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Fax 919-869-1468

Upon successful completion of the activity for each article in this issue of the journal, 1 NCHEC Continuing Education Contact Hours (Category 1) will be awarded by *American Journal of Health Studies*.

REVIEW ACTIVITY DIRECTIONS

1. Select the articles you wish to read and review from this issue of the AJHS, one (1) CHES CECH is available per article.
2. For the articles you selected, type the short answers to the questions listed. Clearly list the author, title, volume, issue and years for each article you are reviewing and number your answers. For the questions that require listing, each item in the listing should be no longer than a phrase or sentence. For the questions requiring a brief discussion or description, the description should be no longer than 2-4 sentences. Only typed papers will be accepted. Please make sure your name; address; volume and number of the AJHS issue; and CHES number are at the top of the paper.
3. Clip or copy and complete both the *American Journal of Health Studies* Registration Form and the Activity Evaluation Form.
4. Forward your answer sheet, the registration form, and the evaluation form via mail, fax or E-mail to the *American Journal of Health Studies* at the addresses and numbers listed above.

After a review of the answer sheets, a certificate for the appropriate number of Category I Contact Hours will be sent to participants who successfully complete the activity. Answer sheets needing further work for approval will be returned to the participants with specific suggestions for completion.

Review Activity

OBJECTIVES: Upon completion of this review activity, you will have:

- 1 Reviewed a professional refereed journal manuscript that address one or more of the CHES Responsibilities and Competencies.
- 2 Discuss how the information from the manuscript you selected can enhance your practice as a Health Educator.==

After completing the required readings, type the appropriate responses for all questions related to each article you select. All answers 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 or discussion, the description should be 2-4 sentences. Specific directions will be provided for other types of questions. Please remember to include your **name, volume, and number of the AJHS issue** and **CHES number** at the top of each page of your answer sheet.

33 (2) A. Exploring the Relationship between College Students' Barriers to Exercise and Motivation

Name the top 3 barriers to exercise that were identified in this study. Based on the authors' findings, describe how health professionals can help students overcome these barriers.

33 (2) B . The Effect of a 12-Week Walking Intervention on Cardiovascular Disease Risks among Individuals with Dyslipidemia

Describe the authors' findings specific to effects on HDL-C and LDL-C. Based on the authors' findings, describe specific next steps for potentially improving the outcomes associated with the intervention.

33 (2) C. Marijuana Use among College Students and attitudes Towards Legalization

Discuss the study findings in terms of marijuana use and attitudes. Discuss the educational strategies that may be implemented to influence prevention of marijuana use.

33 (2) D. The Application of Social Cognitive Theory to Diabetes Health Education Practice for Hispanic American Women

Describe Social Cognitive Theory and its use as the theoretical underpinning of this study. Based on the study findings, discuss 2 constructs that were identified and how these areas may influence outcomes.

REVIEW ACTIVITY REGISTRATION FORM VOLUME 33 ISSUE 2

Name: _____ CHES # _____

Address: _____

Daytime Telephone: _____ E-mail: _____

Setting in which you practice (check one):

- | | |
|--|--|
| <input type="checkbox"/> School
<input type="checkbox"/> Community
<input type="checkbox"/> Medical care | <input type="checkbox"/> College/University
<input type="checkbox"/> Worksite
<input type="checkbox"/> Other _____ |
|--|--|

Position Title _____ Years in Profession _____

Review Activity Evaluation (Circle the most appropriate response)

	Strongly Disagree				Strongly Agree
1. Activities address CHES Responsibilities & Competencies	1	2	3	4	5
2. Contact hours equivalent to actual work hours	1	2	3	4	5
3. Content relevant to Health Education practice	1	2	3	4	5
4. The activities contributed to my professional growth as a health educator	1	2	3	4	5

Comments: _____
