

# ACHIEVE

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Huntingdon County Community Partners



ADVANCING



COMMUNITY



HEALTH



INNOVATION

THROUGH



EDUCATION



VISION

AND



EMPOWERMENT

## Assessment Questions

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### Module 8: Physical Wellness

If you are doing this post-test digitally, please highlight your response for each question.

1. Eating a healthy diet is not important to me.\*

- 1 Strongly agree
- 2 Somewhat agree
- 3 Neither agree nor disagree
- 4 Somewhat disagree
- 5 Strongly disagree

2. I know how to use a “Nutrition Facts” label.

- 1 Strongly agree
- 2 Somewhat agree
- 3 Neither agree nor disagree
- 4 Somewhat disagree
- 5 Strongly disagree

3. For better health, I know how to choose foods that are lower in saturated fat, trans fat, sodium, and added sugars.

- 1 Strongly agree
- 2 Somewhat agree
- 3 Neither agree nor disagree
- 4 Somewhat disagree
- 5 Strongly disagree

\*Reverse Coded

## Post-Test

4. Daily physical activity cannot improve health, fitness, and overall quality of life.\*
  - 1 Strongly agree
  - 2 Somewhat agree
  - 3 Neither agree nor disagree
  - 4 Somewhat disagree
  - 5 Strongly disagree
5. Adolescents should get at least 60 minutes of moderate to vigorous exercise each day.
  - 1 Strongly agree
  - 2 Somewhat agree
  - 3 Neither agree nor disagree
  - 4 Somewhat disagree
  - 5 Strongly disagree
6. I believe that I get enough physical activity to stay healthy.
  - 1 Strongly agree
  - 2 Somewhat agree
  - 3 Neither agree nor disagree
  - 4 Somewhat disagree
  - 5 Strongly disagree

\*Reverse Coded