The purpose of the study is to determine the amount and quality of physical activity education received by medical students during their training. The last study done on this topic was performed in 2013. We are looking for updated information, especially in light of the recent release of the 2018 National Physical Activity Guidelines.

Our group would like to present this data at medical school, resident, and sports medicine fellowship forums so that groups know the current status of physical activity education. This is important if we are to improve the health and well-being of our patients using non-pharmacologic methods, such as exercise and diet. Thank you in advance for your participation.

For questions 7-14, please respond to all questions about your previous and current years of medical school. For your current year, indicate any instruction that you have received thus far.

Please contact any of our team members if you have questions or comments about the survey.

Dr. Irfan Asif (imasif@uabmc.edu)

Candace Adedokun (candyade@uab.edu)

Wesley Curles (wcurles@uab.edu)

Emily Demaio (emily.louise.demaio@emory.edu)
1) Please select your school from the drop-down menu.

- A.T. Still University of Health Sciences Kirksville College of Osteopathic Medicine
- A.T. Still University of Health Sciences School of Osteopathic Medicine in Arizona
- Alabama College of Osteopathic Medicine
- Albany Medical College
- Albert Einstein College of Medicine
- Arizona College of Osteopathic Medicine of Midwestern University
- Arkansas College of Osteopathic Medicine
- Baylor College of Medicine
- Boston University School of Medicine
- Brody School of Medicine at East Carolina University
- Burrell College of Osteopathic Medicine at New Mexico State University
- CUNY School of Medicine
- California Health Sciences University College of Osteopathic Medicine
- California Northstate University College of Medicine
- California University of Science and Medicine-School of Medicine
- Campbell University Jerry M. Wallace School of Osteopathic Medicine
- Carle Illinois College of Medicine
- Case Western Reserve University School of Medicine
- Central Michigan University College of Medicine
- Charles E. Schmidt College of Medicine at Florida Atlantic University
- Chicago College of Osteopathic Medicine of Midwestern University
- Chicago Medical School at Rosalind Franklin University of Medicine & Science
- Columbia University Vagelos College of Physicians and Surgeons
- Cooper Medical School of Rowan University
- Creighton University School of Medicine
- Dalhousie University Faculty of Medicine
- Des Moines University College of Osteopathic Medicine
- Donald and Barbara Zucker School of Medicine at Hofstra/Northwell
- Drexel University College of Medicine
- Duke University School of Medicine
- East Tennessee State University James H. Quillen College of Medicine
- Eastern Virginia Medical School
- Edward Via College of Osteopathic Medicine - Auburn Campus
- Edward Via College of Osteopathic Medicine - Carolinas Campus
- Edward Via College of Osteopathic Medicine - Louisiana Campus
- Edward Via College of Osteopathic Medicine - Virginia Campus
- Emory University School of Medicine
- Faculty of Medicine Université Laval
- Florida International University Herbert Wertheim College of Medicine
- Florida State University College of Medicine
- Frank H. Netter MD School of Medicine at Quinnipiac University
- Geisel School of Medicine at Dartmouth
- Geisinger Commonwealth School of Medicine
- George Washington University School of Medicine and Health Sciences
- Georgetown University School of Medicine
- Hackensack-Meridian School of Medicine at Seton Hall University
- Harvard Medical School
- Howard University College of Medicine
- Icahn School of Medicine at Mount Sinai
- Idaho College of Osteopathic Medicine
- Indiana University School of Medicine
- Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo
- Johns Hopkins University School of Medicine
- Kaiser Permanente School of Medicine
- Kansas City University of Medicine and Biosciences College of Osteopathic Medicine
- Keck School of Medicine of the University of Southern California
- Lake Erie College of Osteopathic Medicine
- Lake Erie College of Osteopathic Medicine Bradenton Campus
- Lewis Katz School of Medicine at Temple University
- Liberty University College of Osteopathic Medicine
- Lincoln Memorial University - DeBusk College of Osteopathic Medicine
- Loma Linda University School of Medicine
- Louisiana State University School of Medicine in New Orleans
- Louisiana State University School of Medicine in Shreveport
- Loyola University Chicago Stritch School of Medicine
- Marian University College of Osteopathic Medicine
- Marshall University Joan C. Edwards School of Medicine
2) Is your school allopathic or osteopathic?

- Allopathic
- Osteopathic
- Dual Accredited
- I don't know

3) What is the average class size of your school?

- Less than 50
- 50-100
- 100-150
- 150-200
- 200-250
- 250-300
- More than 300
- I don't know

4) What is the general location of your school?

- Northeast
- Northwest
- Southeast
- Southwest
- Midwest
- Other

5) Is your school following an accelerated (18 month) preclinical schedule?

- Yes
- No

6) Please indicate your current year of medical school.

- MS-1
- MS-2
- MS-3
- MS-4

---

Please check the following boxes to indicate the instruction related to physical activity that you have received:

<table>
<thead>
<tr>
<th>Didactic Instruction</th>
<th>Small Group Experiences</th>
<th>Clinical Experiences</th>
<th>OSCE/Clinical Examination</th>
<th>Case-Based Instruction</th>
<th>Motivational techniques related to exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7) 1st year

8) 2nd year

9)

11) How many hours of instruction did you receive related to physical activity in your first year of medical school?


12) How many hours of instruction did you receive related to physical activity in your second year of medical school?


13) How many hours of instruction did you receive related to physical activity in your third year of medical school?


14) How many hours of instruction did you receive related to physical activity in your fourth year of medical school?


15) Upon graduation, I will feel comfortable discussing the following topics with patients (check all that apply):

- Benefits of physical activity
- Exercise testing (treadmill testing or cardiopulmonary exercise testing with VO2 max)
- Exercise prescription (specific plan of fitness-related activities that are designed for a specified purpose)
- Exercise nutrition
- Exercise physiology
- Max HR/Aerobic HR training zones
- Exercise and behavior change (motivational interviewing techniques, such as Prochaska Model of Change)
- None of the above

16) Have you received instruction in this component of the 2008 or 2018 National Physical Activity Guidelines for physical activity and health promotion?
- 150 minutes/week of moderate to vigorous physical activity

  - Yes
  - No

17) Have you received instruction in this component of the 2008 or 2018 National Physical Activity Guidelines for physical activity and health promotion?
- Strength training 2X per week

  - Yes
  - No

18) Describe one thing your school does well in terms of exercise education.


19) Describe one thing your school does poorly in terms of exercise education.

