

Exercise Survey

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
- Mariah University College of Osteopathic Medicine
- Marshall University Joan C. Edwards School of Medicine

- Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba Mayo Clinic Alix School of Medicine
- McGill University Faculty of Medicine
- McGovern Medical School at the University of Texas Health Science Center at Houston
- McMaster University Michael G. DeGroot School of Medicine
- Medical College of Georgia at Augusta University
- Medical College of Wisconsin
- Medical University of South Carolina College of Medicine
- Meharry Medical College
- Memorial University of Newfoundland Faculty of Medicine
- Mercer University School of Medicine
- Michigan State University College of Human Medicine
- Michigan State University College of Osteopathic Medicine
- Morehouse School of Medicine
- New York Institute of Technology College of Osteopathic Medicine
- New York Medical College
- New York University Long Island School of Medicine
- New York University School of Medicine
- Northeast Ohio Medical University
- Northern Ontario School of Medicine
- Northwestern University The Feinberg School of Medicine
- Nova Southeastern University Dr. Kiran C. Patel College of Allopathic Medicine
- Nova Southeastern University Dr. Kiran C. Patel College of Osteopathic Medicine
- Oakland University William Beaumont School of Medicine
- Ohio State University College of Medicine
- Ohio University Heritage College of Osteopathic Medicine
- Oklahoma State University Center for Health Sciences College of Osteopathic Medicine
- Oregon Health & Science University School of Medicine
- Pacific Northwest University of Health Sciences College of Osteopathic Medicine
- Pennsylvania State University College of Medicine
- Perelman School of Medicine at the University of Pennsylvania
- Philadelphia College of Osteopathic Medicine
- Philadelphia College of Osteopathic Medicine Georgia Campus
- Ponce Health Sciences University School of Medicine
- Queen's University Faculty of Health Sciences
- Renaissance School of Medicine at Stony Brook University
- Robert Larner, M.D., College of Medicine at the University of Vermont
- Rocky Vista University College of Osteopathic Medicine
- Rowan University School of Osteopathic Medicine
- Rush Medical College of Rush University
- Rutgers - Robert Wood Johnson Medical School
- Rutgers New Jersey Medical School
- Saint Louis University School of Medicine
- Sam Houston State University College of Osteopathic Medicine
- San Juan Bautista School of Medicine
- Sidney Kimmel Medical College at Thomas Jefferson University
- Southern Illinois University School of Medicine
- Stanford University School of Medicine
- State University of New York Downstate Medical Center College of Medicine
- State University of New York Upstate Medical University
- St. George's University School of Medicine
- TCU and UNTHSC School of Medicine
- Texas A&M Health Science Center College of Medicine
- Texas Tech University Health Sciences Center Paul L. Foster School of Medicine
- Texas Tech University Health Sciences Center School of Medicine
- The University of Texas Health Science Center at San Antonio Joe R. and Teresa Lozano Long School of Medicine
- The University of Toledo College of Medicine and Life Sciences
- The University of Western Ontario - Schulich School of Medicine & Dentistry
- The Warren Alpert Medical School of Brown University
- Touro College of Osteopathic Medicine - New York
- Touro University College of Osteopathic Medicine - California
- Touro University Nevada College of Osteopathic Medicine
- Tufts University School of Medicine
- Tulane University School of Medicine
- USF Health Morsani College of Medicine
- Uniformed Services University of the Health Sciences F. Edward Hebert School of Medicine
- Universidad Central del Caribe School of Medicine
- Universite de Montreal Faculty of Medicine
- Universite de Sherbrooke Faculty of Medicine
- University of Alabama School of Medicine

- University of Alberta Faculty of Medicine and Dentistry
- University of Arizona College of Medicine
- University of Arizona College of Medicine - Phoenix
- University of Arkansas for Medical Sciences College of Medicine
- University of British Columbia Faculty of Medicine
- University of Calgary Cumming School of Medicine
- University of California, Davis, School of Medicine
- University of California, Irvine, School of Medicine
- University of California, Los Angeles David Geffen School of Medicine
- University of California, Riverside School of Medicine
- University of California, San Diego School of Medicine
- University of California, San Francisco, School of Medicine
- University of Central Florida College of Medicine
- University of Chicago Division of the Biological Sciences The Pritzker School of Medicine
- University of Cincinnati College of Medicine
- University of Colorado School of Medicine
- University of Connecticut School of Medicine
- University of Florida College of Medicine
- University of Hawaii, John A. Burns School of Medicine
- University of Illinois College of Medicine
- University of Iowa Roy J. and Lucille A. Carver College of Medicine
- University of Kansas School of Medicine
- University of Kentucky College of Medicine
- University of Louisville School of Medicine
- University of Maryland School of Medicine
- University of Massachusetts Medical School
- University of Miami Leonard M. Miller School of Medicine
- University of Michigan Medical School
- University of Minnesota Medical School
- University of Mississippi School of Medicine
- University of Missouri-Columbia School of Medicine
- University of Missouri-Kansas City School of Medicine
- University of Nebraska College of Medicine
- University of Nevada Las Vegas, School of Medicine
- University of Nevada, Reno School of Medicine
- University of New England College of Osteopathic Medicine
- University of New Mexico School of Medicine
- University of North Carolina at Chapel Hill School of Medicine
- University of North Dakota School of Medicine and Health Sciences University of Oklahoma College of Medicine
- University of North Texas Health Science Center at Fort Worth - Texas College of Osteopathic Medicine
- University of Ottawa Faculty of Medicine
- University of Pikeville - Kentucky College of Osteopathic Medicine
- University of Pittsburgh School of Medicine
- University of Puerto Rico School of Medicine
- University of Rochester School of Medicine and Dentistry
- University of Saskatchewan College of Medicine
- University of South Alabama College of Medicine
- University of South Carolina School of Medicine
- University of South Carolina School of Medicine Greenville
- University of South Dakota, Sanford School of Medicine
- University of Tennessee Health Science Center College of Medicine
- University of Texas at Austin Dell Medical School
- University of Texas Medical Branch School of Medicine
- University of Texas Rio Grande Valley School of Medicine
- University of Texas Southwestern Medical School
- University of Toronto Faculty of Medicine
- University of Utah School of Medicine
- University of Virginia School of Medicine
- University of Washington School of Medicine
- University of Wisconsin School of Medicine and Public Health
- University of the Incarnate Word School of Osteopathic Medicine
- Vanderbilt University School of Medicine
- Virginia Commonwealth University School of Medicine
- Virginia Tech Carilion School of Medicine
- Wake Forest School of Medicine of Wake Forest Baptist Medical Center
- Washington State University Elson S. Floyd College of Medicine
- Washington University in St. Louis School of Medicine
- Wayne State University School of Medicine
- Weill Cornell Medicine
- West Virginia School of Osteopathic Medicine

- West Virginia University School of Medicine
- Western Michigan University Homer Stryker M.D. School of Medicine
- Wright State University Boonshoft School of Medicine
- Western University of Health Sciences College of Osteopathic Medicine of the Pacific
- William Carey University College of Osteopathic Medicine
- Yale School of Medicine
- Other (Please Include school's name in free response question)

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:

	Didactic Instruction	Small Group	Clinical Experiences	OSCE/Clinical Examination	Case-Based Instruction	Motivational techniques related to exercise
7) 1st year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8) 2nd year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9)						

- | | | | | | | |
|--------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 3rd year | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) 4th year | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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.
