

Pre-Learning Evaluation

1. Do you currently screen patients for physical activity levels and/or yellow flags? If so, how do you do so? What do you do with this information?

2. What barriers do you anticipate related to including physical activity health promotion activities within your current practice?

3. How well would you rate your current understanding of “psychologically informed PT practice?”
 - a. None
 - b. Some understanding
 - c. Moderate understanding
 - d. Complete understanding

Post-Learning Evaluation

The following questions are based upon the learning objectives stated within the presentation.

1. Name 1 strategy you will implement the next day you are in the clinic.

2. Describe a way in which you can help a patient improve their self-efficacy with physical activity.

3. How well would you rate your current understanding of "psychologically informed PT practice?"
 - a. None
 - b. Some understanding
 - c. Moderate understanding
 - d. Complete understanding

4. What are the strengths of this presentation?

5. How could this presentation be improved?