

ACSM/NSPAPPH SPECIALTY CERTIFICATION RESOURCE MATERIALS

WEBSITES:

National Society for Physical Activity Practitioners in Public Health:

<http://www.nspapph.org/>

Centers for Disease Control and Prevention, Division for Nutrition, Physical Activity and Obesity: <http://www.cdc.gov/nccdphp/dnpa/index.htm>

Physical activity and health on-line training module:

This training module is designed for public health practitioners with a limited background in the field of physical activity. The module provides the latest recommendations for amounts and types of physical activity across the life cycle and explores the scientific evidence for physical activity recommendations to prevent and manage certain chronic diseases. The module takes 2 to 3 hours to complete. Available at: <http://www.center-trt.org/index.cfm?fa=webtraining.cdspa>

Diagnostic Assessment: 15 free practice questions are available at www.acsmlearning.org

CROSS-CUTTING (COMMON TO ALL COMPETENCY AREAS) RESOURCES:

U.S. Department of Health and Human Services. **Physical activity and health: A report of the Surgeon General.** Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion; 1996. Available at <http://www.cdc.gov/nccdphp/sgr/sgr.htm>

U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. **Promoting Physical Activity: A Guide for Community Action;** 1999. Champaign, IL: Human Kinetics.

Task Force on Community Preventive Services. (2005). **The Community Guide to Preventive Services: What Works to Promote Health.** Available at: <http://www.thecommunityguide.org/pa/pa.pdf>

US Department of Health and Human Services. **Physical Activity Evaluation Handbook.** Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention; 2002. Available at: http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/interventions/index.htm

J.F. McKenzie, B.L. Neiger, & J. L. Smeltzer. **Planning, Implementing, & Evaluating Health Promotion Programs;** 4th Ed. 2005. Benjamin Cummings: San Francisco, CA.

SPECIFIC COMPETENCY RESOURCES:

COMPETENCY 1: PARTNERSHIPS

The Collaboration Primer – Health Research and Educational Trust Builds on lessons learned from the National Community Care Network Demonstration Program and Evaluation. Available at: <http://www.hret.org/hret/programs/content/colpri.pdf>

The Community Tool Box Website. **Coalition Building I: Starting a Coalition**
Available at: http://ctb.ku.edu/en/tablecontents/sub_section_main_1057.htm

U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. **Promoting Physical Activity: A Guide for Community Action**; 1999. Champaign, IL: Human Kinetics.

Task Force on Community Preventive Services. (2005). **The Community Guide to Preventive Services: What Works to Promote Health**. Available at: <http://www.thecommunityguide.org/pa/pa.pdf>

State Coalition Handbook: **Strategies and Techniques and Active Communication: A Guide to Reaching the Media**. National Coalition for Promoting Physical Activity. <http://www.ncppa.org/State%20Coalition%20Handbook%20Final.pdf>.

Factsheet: **Working with Elected Officials to Promote Healthy Land Use Planning & Community Design**. National Association of County and City Health Officials

COMPETENCY 2: DATA AND SCIENTIFIC INFORMATION

Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS) Available at: <http://www.cdc.gov/brfss/>.

Centers for Disease Control and Prevention, Physical Activity Resources for Health Professionals, an Explanation of US Physical Activity Surveys. Available at: www.cdc.gov/nccdphp/dnpa/physical/health_professionals/data/physical_surveys.htm.

Healthy People 2010, Progress Review, Physical Activity and Fitness; April 14, 2004. Available at: <http://www.healthypeople.gov/Data/2010prog/focus22/>.

Healthy People 2010, Focus Area 22: Physical Activity. <http://www.healthypeople.gov/document/html/volume2/22physical.htm> Data source: National Health Interview Survey (NHIS), CDC, NCHS

U.S. Department of Health and Human Services. **Physical activity and health: a report of the Surgeon General**. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion; 1996. Available at <http://www.cdc.gov/nccdphp/sgr/sgr.htm>

U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. **Promoting Physical Activity: A Guide for Community Action**; 1999. Champaign, IL: Human Kinetics.

Task Force on Community Preventive Services. **The Community Guide to Preventive Services: What Works to Promote Health**. Available at: <http://www.thecommunityguide.org/pa/pa.pdf>

COMPETENCY 3: PLANNING AND EVALUATING

Clark M, Lucette S, Corn R. **Essentials of personal fitness training**. 3rd edition. Baltimore. 2007. Lippincott Williams & Wilkins.

J.F. McKenzie, B.L. Neiger, & J. L. Smeltzer. **Planning, Implementing, & Evaluating Health Promotion Programs**; 2005. San Francisco, CA: Benjamin Cummings.

US Department of Health and Human Services. **Physical Activity Evaluation Handbook**; 2006 Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention. Available at: http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/interventions/index.htm

US Department of Health and Human Services. National Cancer Institute. **Theory at a glance: A guide for health promotion practice**. Available at: http://www.nci.nih.gov/cancer_information/cancer_literature/

COMPETENCY 4: INTERVENTION

Task Force on Community Preventive Services. **The Community Guide to Preventive Services: What Works to Promote Health**. Available at: <http://www.thecommunityguide.org/pa/pa.pdf>

Mckenzie, JF, Neiger, BL, & Smeltzer, JL. **Planning, Implementing and Evaluating Health Promotion Programs**; 2005. 4th Edition. San Francisco, CA: Benjamin Cummings.

US Department of Health and Human Services. **Promoting Physical Activity, A Guide for Community Action**; 1999. Champaign, IL: Human Kinetics.

U.S. Department of Health and Human Services. National Cancer Institute. **Theory at a Glance: A guide for health promotion practice.** Available at: http://www.nci.nih.gov/cancer_information/cancer_literature/

COMPETENCY 5: ORGANIZATIONAL STRUCTURE

The Community Toolbox. Available at: http://ctb.ku.edu/tools//sub_section_main_1019.htm

KU Work Group for Community Health and Development. 2007. Lawrence, KS: University of Kansas. Available at: http://ctb.ku.edu/en/tablecontents/section_1045.htm

L. F. Fallon Jr. & E.J. Zgodzinski. **Essentials of Public Health Management**; 2005. Sudbury, MA: Jones and Barlett Publishers.

Task Force on Community Preventive Services. **The Community Guide to Preventive Services: What Works to Promote Health.** Available at: <http://www.thecommunityguide.org/pa/pa.pdf>

US Department of Health and Human Services, **Physical Activity Evaluation Handbook**; 2002. Atlanta, GA: Centers for Disease Control and Prevention.

US Department of Health and Human Services. **Promoting Physical Activity, A Guide for Community Action**; 1999. Champaign, IL: Human Kinetics.

COMPETENCY 6: EXERCISE SCIENCE IN PUBLIC HEALTH SETTING

American College of Sports Medicine. **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription**; 2006, 5th Ed. Baltimore, MD: Lippincott Williams & Wilkins

American College of Sports Medicine. **ACSM's Guidelines for Exercise Testing and Prescription**; 2006, 7th Ed.

U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. **Promoting Physical Activity: A Guide for Community Action**; 1999. Champaign, IL: Human Kinetics.

U.S. Department of Health and Human Services. **Physical Activity and Health: A Report of the Surgeon General**; 1996. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.

For a more detailed resource list see the NSPAPPH website: <http://www.nspapph.org>