Health Promotion Model - Instruments to Measure HPM Behavioral Determinants: Exercise Role Models Scale (Adolescent Version)

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Scoring Instructions for the Exercise Role Models Scale

In scoring:

K1 to K4: 0 = Never  1 = Sometimes  2 = Often  0 = Don’t Know
K5 to K8: 0 = Never  1 = Sometimes  2 = Often  0 = Don’t Know
K9 to K12: 0 = Never  1 = Sometimes  2 = Often  0 = Don’t Know

The total Exercise Role Models Scale Score is the sum of K1 to K12.