Health Promotion Model - Instruments to Measure HPM Behavioral Determinants : Perceived Task Self-Efficacy [Task Efficacy for Treadmill Walking] (Adolescent Version)

Pender, Nola J.; Garcia, Anne W.; Ronis, David L.

http://hdl.handle.net/2027.42/85357
Scoring Instructions for Task Efficacy

Treadmill Walking

Calculate the mean percent confidence across all items.

Five to seven day test-retest reliability on 8-11 year-old boys and girls – \( r = 0.90 \)