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

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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 – $r = 0.90$