



# *SOCIETY FOR PUBLIC HEALTH EDUCATION*

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**HEB SELF-STUDY  
CONTINUING EDUCATION CREDITS  
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**Title: “social cognitive correlates of young adult sport competitors sunscreen use”**

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1. Regarding the rising rates of skin cancer, which subject is **NOT** stated to be related to this prevalent health risk among young adult sport competitors in Australia?
  - a. Excessive exposure to direct sunlight during peak hours of UVR
  - b. Perceived importance of physical activity compared to sun protection
  - c. Inadequate sun protective behaviors
  - d. Large numbers of young adults competing in outdoor sports
  
2. Sun protection in Australia still falls short despite their long history of participation in sun protection campaigns. How high is the percentage of Australian adults using sunscreen when being outdoors during peak levels of UVR?
  - a. Under 10%
  - b. Close to one-third
  - c. Close to two-thirds
  - d. Approximately 90%

3. Which sun protective behavior is **NOT** constrained by policies and regulations within particular sporting environments, and therefore under the greatest volitional control?
  - a. Wearing of hats and sunglasses
  - b. Wearing of sporting uniforms
  - c. Sunscreen use
  - d. Seeking shade
  
4. Which health behavior theories are suited to understand social cognitions about sun protection and sunscreen use by young adult sport competitors?
  - a. The Health Belief Model and the Theory of Planned Behavior
  - b. The Transtheoretical Model (Stages of Change) and the Health Belief Model
  - c. The Theory of Planned Behavior and the Risk Perception Theory
  - d. The Precaution Adoption Process Model and the Self Determination Theory
  
5. Supported by the literature, which outdoor sport reports highest use and reapplication of sunscreen mainly due to the existing sun protection regulations and policies at the club level?
  - a. Soccer
  - b. Surf-sports
  - c. Hockey
  - d. Tennis
  
6. True or false: The majority of young adult sport competitors in outdoor sports used sunscreen and used it at a level that it would adequately protect them from harmful sunlight.
  - a. True
  - b. False

7. Why is the incorporation of sunscreen swabbing in self-report sunscreen methodologies important?
  - a. To subjectively assess the presence of sunscreen
  - b. To objectively assess the presence of sunscreen
  - c. To enhance recall bias
  - d. To avoid socially undesirable answers
  
8. Based on the literature, how could support on sunscreen use in the sporting setting **BEST** be provided?
  - a. Collaboration of sporting clubs with sunscreen manufacturers to develop acceptable and convenient sunscreens for sport competitors
  - b. Providing appropriate education and communication to target skin cancer risk perceptions and personal importance
  - c. Develop policies and regulations that facilitate the provision of sunscreen and that are tailored to individual sport setting
  - d. Visual and verbal prompts to remind sport competitors during training and competition of the need to use and reapply sunscreen
  
9. Although indicated by the literature, a high perceived ability to protect one's skin from the sun did **NOT** differentiate between nonuse, inadequate and adequate sunscreen use within the sporting context. Which possible explanation was not given by the authors?
  - a. Lack of available shade
  - b. Regulations limiting the use of protective clothing
  - c. Practical difficulties in the use of sunscreen
  - d. Lack of indoor sporting facilities

10. Which approach is recommended to improve the understanding on the use of sunscreen as an appropriate sun protective behavior in high-risk sporting settings?
- a. An interpersonal approach
  - b. An integral approach
  - c. An institutional approach
  - d. A community approach