Adolescents' Health Behavior Scale

Dear students,

The following lists some statements related to your health. Please read them one by one and determine whether you agree with these statements and the degree of agreement according to your own specific situation. Please mark **“√”** on the number that best matches your question. When answering each question, please follow the criteria below:

1=completely disagree 2=basically disagree 3=somewhat agree

 4=basically agree 5=completely agree

The survey results of this questionnaire are only used by scientific research institutes and have nothing to do with your physical education performance. Please be sure to fill in truthfully according to your own ideas. Thank you for your cooperation!

Grade: Class: Age： Gender:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | completely disagree | basically disagree | somewhat agree | basically agree | completely agree |
| 1 | I understand the importance of physical exercise to physical and mental health | 1 | 2 | 3 | 4 | 5 |
| 2 | I can actively participate in or organize sports competitions in my class. | 1 | 2 | 3 | 4 | 5 |
| 3 | I know that physical exercise produces more positive emotions than negative emotions. | 1 | 2 | 3 | 4 | 5 |
| 4 | Even if there is no physical examination, I will still stick to physical exercise.  | 1 | 2 | 3 | 4 | 5 |
| 5 | I can keep exercising for my favorite sports. | 1 | 2 | 3 | 4 | 5 |
| 6 | I have good physical exercise habits. | 1 | 2 | 3 | 4 | 5 |
| 7 | I have a fixed exercise time every week | 1 | 2 | 3 | 4 | 5 |
| 8 | I eat fast | 1 | 2 | 3 | 4 | 5 |
| 9 | I know the impact of a balanced diet on health, and can guide myself and my family to eat reasonably | 1 | 2 | 3 | 4 | 5 |
| 10 | I have good personal and public health habits. | 1 | 2 | 3 | 4 | 5 |
| 11 | I never litter and I can garbage sort. | 1 | 2 | 3 | 4 | 5 |
| 12 | I have good work and rest habits | 1 | 2 | 3 | 4 | 5 |
| 13 | I can work and rest on time to ensure enough sleep | 1 | 2 | 3 | 4 | 5 |
| 14 | I understand that physical exercise can control weight | 1 | 2 | 3 | 4 | 5 |
| 15 | I can explain the relationship between reasonable diet and weight control based on my own situation | 1 | 2 | 3 | 4 | 5 |
| 16 | I can say more than 2 effective ways to refuse smoking | 1 | 2 | 3 | 4 | 5 |
| 17 | I can consciously resist bad information on the Internet | 1 | 2 | 3 | 4 | 5 |
| 18 | My main purpose of going online is to search for and learn related information | 1 | 2 | 3 | 4 | 5 |
| 19 | I understand the prevention and treatment of common physiological problems | 1 | 2 | 3 | 4 | 5 |
| 20 | I know the characteristics and changing rules of psychological development during puberty. | 1 | 2 | 3 | 4 | 5 |
| 21 | I understand the harm of malnutrition to health. | 1 | 2 | 3 | 4 | 5 |
| 22 | I understand that three without products should be rejected when shopping | 1 | 2 | 3 | 4 | 5 |
| 23 | I understand that different intensities of exercise have different nutritional needs. | 1 | 2 | 3 | 4 | 5 |
| 24 | I understand that outdoor sports can prevent myopia | 1 | 2 | 3 | 4 | 5 |
| 25 | I understand the harm, routes of transmission, and preventive measures of infectious disease. | 1 | 2 | 3 | 4 | 5 |
| 26 | I will actively try my best to prevent all kinds of diseases. | 1 | 2 | 3 | 4 | 5 |
| 27 | I have the awareness and ability regarding security precautions. | 1 | 2 | 3 | 4 | 5 |
| 28 | I have a comprehensive grasp of methods of self-protection and mutual protection in exercise. | 1 | 2 | 3 | 4 | 5 |
| 29 | I basically master the knowledge and methods to actively avoid danger when natural disasters or emergencies occur | 1 | 2 | 3 | 4 | 5 |
| 30 | When danger comes, I will lead everyone to take the initiative to avoid danger | 1 | 2 | 3 | 4 | 5 |
| 31 | I have the knowledge and methods to eliminate sports fatigue | 1 | 2 | 3 | 4 | 5 |
| 32 | I will relax every time I finish exercising | 1 | 2 | 3 | 4 | 5 |
| 33 | I master the treatment and first aid methods of common sports injuries and sudden injuries | 1 | 2 | 3 | 4 | 5 |
| 34 | I can deal with sports injuries that are common in sports activities by myself | 1 | 2 | 3 | 4 | 5 |
| 35 | I know that I should arrange an appropriate amount of exercise during physical exercise | 1 | 2 | 3 | 4 | 5 |
| 36 | I often use the knowledge and skills I have learned in physical education class for extracurricular physical exercises | 1 | 2 | 3 | 4 | 5 |
| 37 | I have a good sense of health and pay attention to developing a healthy and civilized lifestyle. | 1 | 2 | 3 | 4 | 5 |
| 38 | I understand the health risks of sitting too much | 1 | 2 | 3 | 4 | 5 |
| 39 | I pay a lot of attention to my mental health | 1 | 2 | 3 | 4 | 5 |
| 40 | I understand the role of physical activity in preventing and removing psychological barriers | 1 | 2 | 3 | 4 | 5 |
| 41 | I understand the harm of unhealthy emotions to health. | 1 | 2 | 3 | 4 | 5 |
| 42 | I have a positive, optimistic, and cheerful attitude towards life. | 1 | 2 | 3 | 4 | 5 |
| 43 | I can distinguish between positive and negative emotions. | 1 | 2 | 3 | 4 | 5 |
| 44 | I know depression is a negative emotion. | 1 | 2 | 3 | 4 | 5 |
| 45 | I understand the ways of regulating emotions and can adjust my bad emotions in time | 1 | 2 | 3 | 4 | 5 |
| 46 | When I am in a bad mood, I often take exercise to adjust | 1 | 2 | 3 | 4 | 5 |
| 47 | I can maintain good emotional stability in sports, study and life | 1 | 2 | 3 | 4 | 5 |
| 48 | I understand that physical exercise should be avoided in environments that are not conducive to health (such as haze days) | 1 | 2 | 3 | 4 | 5 |
| 49 | I can still participate in physical exercise even in hot or cold weather | 1 | 2 | 3 | 4 | 5 |
| 50 | I will take away the rubbish I made when doing outreach training in the wild | 1 | 2 | 3 | 4 | 5 |
| 51 | I have good social communication abilities. | 1 | 2 | 3 | 4 | 5 |
| 52 | I can quickly adapt to a new learning and living environment. |  | 2 | 3 | 4 | 5 |
| 53 | I will take the initiative to ask my classmates to do physical exercise together in a new class. | 1 | 2 | 3 | 4 | 5 |
| 54 | I know that a harmonious combination of competition and cooperation will make me progress faster. | 1 | 2 | 3 | 4 | 5 |

Thank you again for your cooperation, thank you!