The effect of education in physical activities on knowledge, attitude and behavior of Kerman health center’s staff
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Abstract
According to WHO estimation, physical inactivity causes around 1.9 million deaths in the world annually. Also, regarding the importance of physical activity in chronic disease prevention, we decided to assess the effect of education on the physical activities knowledge, attitude and behavior of Kerman Health Canter's staff. This is a semi experimental study in Kerman Health Canter's staff province. 78 staff was chosen randomly. The educational intervention lasted 6 weeks employing a researcher-made questionnaire, the data were analyzed before and 6 weeks after the intervention by SPSS-16. The findings revealed that after educational intervention there was a significant increase in the mean knowledge (P<0.001) and attitude scales (P=0.02), but there was not found any significant effect on behavior (P=0.13). Although our findings revealed the effect of educational intervention on knowledge and attitudes physical activity, the education of physical activity had no effect on the behavior of the participants.

Keywords: Attitude, Behavior, Knowledge, Physical activity
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