

Principles and Labs for Fitness

Test Bank for Principles and Labs for Fitness and Wellness 12th Edition by Hoeger

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Chapter 2 – Behavior Modification

Chapter Learning Objectives

1. Learn the effects of environment on human behavior.
2. Understand obstacles that hinder the ability to change behavior.
3. Explain the concepts of motivation and locus of control.
4. Identify the stages of change.
5. Describe the processes of change.
6. Explain techniques that will facilitate the process of change.
7. Describe the role of SMART goal setting in the process of change.
8. Be able to write specific objectives for behavioral change.

True/False

LO# An: Question

- 1 F1. As the scientific evidence continues to mount each day, most people are adhering to a healthy lifestyle program.
- 1 F2. The food industry spends less money advertising a single food product than the federal government spends promoting MyPlate.
- 2 F3. Individuals who are indifferent and helpless believe that consequences of unhealthy behaviors often don't manifest themselves until years later.
- 3 F4. People who believe they have control over events are said to have an external locus of control.
- 3 T5. Motivation can be controlled by external factors.
- 4 T6. The transtheoretical model of change illustrates change as a gradual process that involves several stages.
- 4 T7. The action stage requires the greatest commitment of time and energy on the part of the individual.
- 5 T8. The consciousness-raising process involves obtaining information about the problem, so you can make a better decision about the problem behavior.
- 6 F9. In counteracting, the person restructures the physical surroundings to avoid problem behaviors and decrease temptations.
- 7 T10. An acceptable goal must be compatible with those of the other people involved.

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