

TEST BANK



**Lifetime Physical
Fitness and Wellness**

A Personalized Program
TENTH EDITION



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CHAPTER 2--BEHAVIOR MODIFICATION

Student: _____

1. Select the Transtheoretical Model process that best associates with the description below. Each process is used only once.

- | | | |
|---|-----------------------|-------|
| 1. External alternatives making one aware of behavioral problems. | Commitment | _____ |
| 2. Determining accomplishments and rewriting goals. | Reward | _____ |
| 3. Accepting responsibility to change. | Self-Reevaluation | _____ |
| 4. Systematically decreasing problem behavior temptations. | Behavioral Analysis | _____ |
| 5. Reading educational materials or watching an instructional program. | Monitoring | _____ |
| 6. Replacing unhealthy behaviors with healthy behaviors. | Social Liberation | _____ |
| 7. Discovering behavior triggers using logs and journals. | Emotional Arousal | _____ |
| 8. Celebrating and reinforcing positive behavior. | Consciousness-Raising | _____ |
| 9. Increasing change motivation through "dramatic release" experiences or mental imagery. | Countering | _____ |
| 10. Documenting workouts and diet using logs and journals. | Environmental Control | _____ |

2. When people think that they are a product of the environment, they employ the helplessness barrier of change.

True False

3. Lack of core values is a common reason why people make unhealthy choices.

True False

4. Motivation can be controlled by external factors.

True False

5. People who believe they have control over events are said to have an external locus of control.

True False

6. Lack of knowledge and goals are the primary causes of a person's unwillingness to change his or her quality of life.

True False

7. The Transtheoretical model of change illustrates change as a gradual process that involves several stages.

True False

8. The maintenance stage of the Transtheoretical model is subject to relapse.

True False

9. The prescription process of change is the same for each individual.

True False

10. Stopping smoking after watching a loved-one die from lung cancer caused from cigarettes is an example of emotional arousal behavior modification.

True False

11. Setting a deadline is required for effective goal-setting.

True False

12. What percent of Americans accept that exercise is beneficial to health and sees a need to incorporate it into their lives?

A. 17

B. 37

C. 57

D. 77

E. 97

13. ____ percent of new and returning exercisers are at risk for early dropout.

- A. 10
- B. 30
- C. 50
- D. 70
- E. 90

14. The science of behavior therapy has established that most behaviors we adopt in life are:

- A. a product of the environment.
- B. established after age thirty.
- C. ever changing.
- D. formed before age five.
- E. unchangeable.

15. When people think that tomorrow, next week, or after the holiday is the best time to start change, they practice the ____ barrier to change.

- A. complexity
- B. gratification
- C. indifference
- D. procrastination
- E. rationalization

16. Tanners focusing on the short-term darker skin look and ignoring the long-term risk of skin cancer are practicing the ____ barrier to change.

- A. complexity
- B. gratification
- C. helplessness
- D. preconditioned cultural beliefs
- E. rationalization

17. Saying: "I'll deal with the consequences later" is the ____ barrier to change.

- A. illusions of invincibility
- B. helplessness
- C. indifference
- D. rationalization
- E. risk complacency

18. Being overwhelmed by all the changes needed for a healthy lifestyle is the ____ barrier to change.

- A. complexity
- B. gratification
- C. preconditioned cultural beliefs
- D. procrastination
- E. rationalization

19. The belief that our destiny is in our genes is the ____ barrier to change.

- A. complexity
- B. illusions of invincibility
- C. indifference and helplessness
- D. preconditioned cultural beliefs
- E. rationalization

20. Falsely concluding that their lifestyle is healthy, people employ the ____ barrier to change.

- A. gratification
- B. helplessness
- C. illusions of invincibility
- D. indifference
- E. rationalization

21. The belief that unhealthy behaviors might harm others but not them is a(n) ____ barrier to change.

- A. gratification
- B. helplessness
- C. illusions of invincibility
- D. preconditioned cultural beliefs
- E. procrastination

22. People with an external locus of control:

- A. are at less risk for illness.
- B. believe they control others.
- C. have better exercise adherence.
- D. positively influence their environments.
- E. say things happen by chance.

23. Most people have a(n) ____ locus of control.

- A. combination external & internal
- B. environmental
- C. external
- D. internal
- E. unknown

24. Patients that succeed in changing their lifestyles after coronary bypass surgery focus on the:

- A. dramatic release.
- B. emotional pain.
- C. fear of dying.
- D. joy of living.
- E. past poor behaviors.

25. The simplest model of change is:

- A. based on a series of steps.
- B. the four-stage model.
- C. that you either make the change or you don't make the change.
- D. the Transtheoretical Model.
- E. usually successful.

26. The first three stages of change in the Transtheoretical Model are:

- A. Action, Precontemplation, and Contemplation.
- B. Contemplation, Preparation, and Termination/Adoption.
- C. Maintenance, Action, and Termination/Adoption.
- D. Precontemplation, Contemplation, and Preparation.
- E. Preparation, Termination/Adoption, and Maintenance.

27. The stage of change in which people are unwilling to change behavior is called:

- A. contemplation.
- B. maintenance.
- C. precontemplation.
- D. relapse.
- E. termination.

28. Critical in the move from the Precontemplation stage to the Contemplation stage of the Transtheoretical Model is for the individual to:
- A. begin an exercise program.
 - B. control the environment.
 - C. get educated about the problem.
 - D. maintain a positive habit.
 - E. set goals to change behavior.
29. During the Contemplation stage of the Transtheoretical Model, people usually:
- A. are immediately ready for change.
 - B. commit much time and energy to change.
 - C. follow specific guidelines for change.
 - D. remain in the stage for a few months.
 - E. weigh the pros & cons of changing.
30. During the Preparation stage of the Transtheoretical Model, people usually:
- A. commit much time and energy to change.
 - B. remain in the stage for a few months.
 - C. set goals.
 - D. suffer change regression and relapse.
 - E. weigh the pros & cons of changing.
31. Behavioral scientists indicate that a person is probably free from which of these old behaviors when the Termination phase of the Transtheoretical Model is achieved?
- A. Alcoholism
 - B. Hard drug use
 - C. Inactivity
 - D. Poor weight control
 - E. Smoking
32. To slip or fall back into unhealthy behavior(s) or the failure to maintain healthy behaviors is called:
- A. adoption.
 - B. contemplation.
 - C. precontemplation.
 - D. relapse.
 - E. termination.

33. Relapse in the Transtheoretical Model means the individual:

- A. failed.
- B. gave up.
- C. has returned to an earlier stage of change.
- D. is now practicing precontemplation.
- E. must now maintain current status of change.

34. Once a behavior has been maintained for more than five years, a person is said to be in the ____ stage:

- A. action
- B. contemplation
- C. maintenance
- D. relapse
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35. Joining an advocacy group and/or self-help group is an example of:

- A. conscious raising.
- B. emotional arousal.
- C. rewards.
- D. self-analysis.
- E. social liberation.

36. Non-smoking areas, health-oriented cafeterias, and advocacy groups are examples of:

- A. dramatic release.
- B. goal setting.
- C. positive outlook.
- D. self-analysis.
- E. social liberation.

37. Being optimistic and focusing on the desired outcome is the Transtheoretical model process of:

- A. behavior-analysis.
- B. countering.
- C. emotional arousal.
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38. Journaling your habits is an example of the Transtheoretical model process of:

- A. behavior-analysis.
- B. commitment.
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39. Avoiding unnecessary snacking by doing yard work, going for a walk, or flossing after dinner illustrates the change process of:

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40. ____ motivate(s) behavioral change and provide(s) a plan of action.

- A. Behavior analysis
- B. Goals
- C. The Locus of control
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41. Making goals realistic usually involves a(n):

- A. guarantee of results.
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42. Besides an exercise program, what are five ways you can positively change your lifestyle?

43. What are three behaviors most people need to change to move toward wellness?

44. Explain why a person can believe change is too complex.

45. Considering the barriers to change, describe three ways you can change exercise to make it easier to continue.

46. What contributes to the sense of self-efficacy?

47. Contrast exercise patterns of individuals with an internal locus of control and an external locus of control.
48. List at least three behaviors that would accompany someone in the precontemplation stage.
49. Design a behavior modification plan to change one negative behavior in your life. Include short and long term goals that are realistic, measurable, and time specific.
50. Discuss five characteristics of effective goals.

51. The goal is to change from 30% body fat to 15% body fat. Write three appropriate objectives to accompany this goal and explain why they are important or necessary.

CHAPTER 2--BEHAVIOR MODIFICATION **Key**

1. Select the Transtheoretical Model process that best associates with the description below. Each process is used only once.

1. External alternatives making one aware of behavioral problems.	Commitment <u>3</u>
2. Determining accomplishments and rewriting goals.	Reward <u>8</u>
3. Accepting responsibility to change.	Self-Reevaluation <u>2</u>
4. Systematically decreasing problem behavior temptations.	Behavioral Analysis <u>7</u>
5. Reading educational materials or watching an instructional program.	Monitoring <u>10</u>
6. Replacing unhealthy behaviors with healthy behaviors.	Social Liberation <u>1</u>
7. Discovering behavior triggers using logs and journals.	Emotional Arousal <u>9</u>
8. Celebrating and reinforcing positive behavior.	Consciousness-Raising <u>5</u>
9. Increasing change motivation through "dramatic release" experiences or mental imagery.	Countering <u>6</u>
10. Documenting workouts and diet using logs and journals.	Environmental Control <u>4</u>

2. When people think that they are a product of the environment, they employ the helplessness barrier of change.

FALSE

3. Lack of core values is a common reason why people make unhealthy choices.

TRUE

4. Motivation can be controlled by external factors.

TRUE

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FALSE

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42. Besides an exercise program, what are five ways you can positively change your lifestyle?

Responses will vary. Possible responses include exercise, good nutrition, controlling substances, managing stress, wearing seat belts, practicing safe sex, getting regular physicals, taking needed supplements, and fostering spirituality.

43. What are three behaviors most people need to change to move toward wellness?

Responses include daily activeness, dietary choices, addictions, and spirituality.

44. Explain why a person can believe change is too complex.

There are numerous aspects to a healthy lifestyle, all of which cannot be changed at once. They include exercise, good nutrition, controlling substances, managing stress, wearing seat belts, practicing safe sex, getting regular physicals, taking needed supplements, and fostering spirituality.

45. Considering the barriers to change, describe three ways you can change exercise to make it easier to continue.

Responses will vary according to the barrier chosen from pages 41-42.

46. What contributes to the sense of self-efficacy?

The single best contributors to self-efficacy are mastery experiences or personal experiences that one has with successes and failures. Vicarious experiences provided by social models also influence self-efficacy. Although not as effective, verbal persuasions of one's capabilities can affect self-efficacy. Negative verbal persuasions are stronger than positive verbal persuasions. The least significant source of self-efficacy is an awareness of body responses (physiologic cues) that the person experiences when facing a challenge.

47. Contrast exercise patterns of individuals with an internal locus of control and an external locus of control.

Individuals using an internal locus of control will need less motivation from others and individuals using an external locus of control will need constant reinforcement.

48. List at least three behaviors that would accompany someone in the precontemplation stage.

Responses will vary; the individual typically avoids free screening, does not care about problem behaviors, and is resigned to unhealthy behavior as "fate."

49. Design a behavior modification plan to change one negative behavior in your life. Include short and long term goals that are realistic, measurable, and time specific.

Responses will vary.

50. Discuss five characteristics of effective goals.

They are **SMART**: **S**pecific (exact statements with supportive behaviors), **M**easurable (index of evaluation to show change), **A**ceptable (feasibility of time, effort & ability to change), **R**ealistic (understanding of the rate & methodology to change using short-term goals), and **T**ime-specific (deadlines).

51. The goal is to change from 30% body fat to 15% body fat. Write three appropriate objectives to accompany this goal and explain why they are important or necessary.

Responses will vary.