

## *Fitness for Life, Sixth Edition*

### Quiz: Goal Setting

\_\_\_/15 points

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. Match the correct description to the correct letter in the SMART goal-setting strategy (5 points):

- |                |   |
|----------------|---|
| ___ specific   | a. A specific date for reaching your goal should be set                     |
| ___ measurable | b. Details about the goal should be written down                            |
| ___ attainable | c. You should be able to reach your goal given your resources               |
| ___ realistic  | d. You should be able to accurately determine if you have met your goal     |
| ___ timely     | e. You should be able to reach your goals if you put in the time and effort |

2. Match the type of goal with the best example for that type of goal (4 points).

- |                             |  |
|-----------------------------|--|
| ___ long-term process goal  | a. Increase hamstring flexibility by 3 inches (7.6 centimeters) in three weeks |
| ___ short-term process goal | b. Engage in a flexibility program three times per week for the next two weeks |
| ___ long-term product goal  | c. Engage in strength training three times per week for 12 weeks               |
| ___ short-term product goal | d. Increase maximum bench press by 25 pounds (11 kilograms) in six months      |

3. Identify one SMART goal that you have related to fitness, physical activity, or nutrition. Make sure to address all of the elements in the SMART goal-setting formula. Write down your goal, including each of these elements, and label the elements with the letters S, M, A, R, and T. (6 points)

#### **Bonus Question**

Identify whether your goal is: (2 points)

- a. a short-term goal or long-term goal (*circle one*)
- b. a process goal or product goal (*circle one*)

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### Quiz: Program Planning

\_\_\_/15 points

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. Put the steps in program planning in the right order by placing a 1 next to the first step, a 2 next to the second step, and so on until you reach 5 (5 points).

\_\_\_ Consider your program options.

\_\_\_ Structure your program and write it down.

\_\_\_ Determine your personal needs using information from your physical fitness and physical activity profiles.

\_\_\_ Keep a log and evaluate your program.

\_\_\_ Set SMART goals.

2. Match the step in the program planning process to an activity that would take place during that step (5 points).

\_\_\_ Conduct self-assessments of fitness, physical activity, or eating

\_\_\_ Find activities available to you

\_\_\_ Reassess your fitness

\_\_\_ Create a chart with program details

\_\_\_ Use the SMART formula

a. Consider your program options

b. Structure your program and write it down

c. Determine your personal needs using information from your physical fitness and physical activity profiles

d. Keep a log and evaluate your program

e. Set goals

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3. Based on Katrina's fitness profile, identify which statements are true and which statements are false by placing a "T" or "F" beside each (5 points).

*Katrina's Fitness Profile: Katrina is in the 11th grade and loves to rock climb and trail run.*

<b>Health-related fitness component</b>	<b>Low fitness</b>	<b>Marginal fitness</b>	<b>Good fitness</b>	<b>High performance</b>
Body composition		x		
Cardiorespiratory fitness			x	
Upper body muscular endurance	x			
Lower body muscular endurance			x	
Upper body strength		x		
Lower body strength			x	
Upper body flexibility			x	
Lower body flexibility		x		
Lower body power		x		

- Katrina's rock climbing would benefit from increasing upper body muscular endurance.
- Katrina does not have sufficient cardiorespiratory fitness.
- Katrina might consider planning a program that is focused on increasing lower body flexibility.
- Katrina might consider planning a program that is focused on improving her body composition.
- Katrina has collected a wide variety of information to determine her personal fitness needs.

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### Chapter Test: Goal Setting and Program Planning

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

For all multiple-choice questions, clearly circle the letter of the best answer.

1. Which list has all of the correct terms in the SMART acronym of goal setting?
  - a. specific, measurable, attributable, realistic, timely
  - b. specific, measurable, attainable, realistic, timely
  - c. specific, monitored, attainable, realistic, timely
  - d. specific, measurable, attainable, recent, timely
  
2. Identify the short-term product goal.
  - a. Exercise three times per week for one month.
  - b. Exercise three times per week for six months.
  - c. Lose 20 pounds in the next four months.
  - d. Lose 4 pounds in the next three weeks.
  
3. Identify the long-term process goal.
  - a. Gain 10 pounds in the next three months.
  - b. Gain 10 pounds in the next eight months.
  - c. Perform muscle fitness exercises three times per week for the next six months.
  - d. Perform muscle fitness exercises three times per week for the next four weeks.
  
4. Circle the answer that provides the correct sequence for personal program planning.
  - a. determine personal needs, consider your program options, set goals, structure your program plan, evaluate your program
  - b. determine personal needs, assess your fitness, set goals, structure your program plan, evaluate your program
  - c. set goals, assess your fitness, structure your program plan, perform your plan, evaluate your program
  - d. set goals, structure your program plan, perform your plan, evaluate your program, revisit goals

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5. Which list includes important guidelines for setting goals?
  - a. choose a few goals at a time, use the SMART formula, work toward your goals with a friend
  - b. choose a few goals at a time, put your goals in writing, keep a log to track your progress
  - c. choose a few goals at a time, use the SMART formula, focus on product goals
  - d. choose a few goals at a time, put your goals in writing, avoid long-term process goals
  
6. \_\_\_\_\_ make good short-term goals because you can easily monitor progress and with effort you can succeed.
  - a. Product goals
  - b. Process goals
  - c. Performance goals
  - d. Personal goals
  
7. Which is a test of upper-body muscle fitness?
  - a. zipper test
  - b. PACER test
  - c. grip strength
  - d. back-saver sit-and-reach
  
8. Which of these best describes step 2 of planning your personal physical activity program?
  - a. Structure your program plan and write it down.
  - b. Evaluate your program after you have tried it.
  - c. Collect information.
  - d. Set goals.
  - e. Consider a variety of activities.

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Read the next two open-ended questions slowly and answer them directly.

9. Explain the difference between product and process goals.

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10. Describe what a personal needs profile is and why it is an important part of developing a personal program.

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