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## Decisional balance worksheet ace

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Please help us share our services with your friends. 1 ACE Personal Trainer Manual 5th EditionChapter 4: Basics of Behavioral Change and Health Psychology Lesson 4.1.2 After completing this session, you will be able to:LEARNING OBJECTIVES After completing session this, you will be able to: Define the behavioral theory models and the implications for fitness professionals, including the health belief model and self-efficacy List and discuss the four components of the transtheoretical model of behavioral change List and discuss the five stages of change in the transtheoretical model of behavioral change utilize the decisional balance worksheet with clients 3 BEHAVIOR THEORY MODELSHealth belief model The health belief model predicts that people will engage in a health behavior (e.g., exercise) based on the perceived threat they are staring at health problems and the pros and cons of adopting the behavior. This perceive threat is defined as the degree to which a person feels threatened or worried about the perspective of a particular health issue and is influenced by several factors: Persevé Dire Conserve Kiy suspectEd Ultimate Action, the customer will assess the benefits along with the barriers in making a lifestyle modification. Knowing gravity: Referring to the feelings one has about the gravity of contraction of a disease or leaving a disease with no more serious consequences the most serious consequences are to be, people are more likely to engage in a healthy behavior. Knowing susceptibility: is based on a person's suggestion assessment at odds of developing the issue of People having a higher savvy threat and an increased chance of engaging in a healthy behavior when they believe they are vulnerable to a particular health problem. Signal actions: Referring to events that motivate people to make a change in more people are reminded about a potential health issue, most likely to be taking action and engaging in a healthier behavior. 4 COMPOUNDING THEORY MODELSHealth asset models and disadvantages of engaging in a healthy behavior are examined in terms of receiving benefits and knowing barriers: A customer will compare the benefits and barriers to making a change. If more barriers are savvy than benefits, change is unprecedented. If the benefits know the barriers exceed the barriers and the perceived threat of secondary illness, preventive action is likely. If a customer perceives very little threat, change is easy. Personal trainers should understand customers' perception regarding illness and health, including benefits they know The barriers to program participation and success: Making the gravity of the disease more apparent. Applying signals of action by introducing information about health and education, 5 Self-EFFICIENCY Self-Efficiency must be defined as beliefs in one's own ability to successfully be physically active. Self-efficiency is important because it is believed in influenced thinking patterns, emotional responses, and behaviors. Self-efficiency is an ongoing part of the customer-trained relationship and will always change. Thus, a personal trainer should: Ask about exercise experiences before asking about feelings and emotions associated with exercise start asking about expectations and learning related to exercises Required on barrier potential for adherence to programmes Taking advantage of leverage in self-efficiency and perform program modification when self-efficiency release level personal trainers may be more properly gain an understanding of the self-efficiency level of consistent communication and report-building strategy. 6 Six sources of information self-efficiency PerformancePast Performance Vicarious Experience Verbal Persuasion Physiological state emotional and evaluation attitudes imaginal past performance experiences: Previous experiences will strongly influence current self-efficiency levels. Past performance experiences are the most influential source of self-efficiency information. Experience not proxy: The observation or knowledge of another successful person participating in a similar program - or doing so in the past - can increase self-effectiveness. Verbal persuasion: Typically occurs in the form of statements of feedback from others to influence whether they come from a credible, respected, and knowledgeable source. Physiological state assessment: A customer can see arousal, pain, or fatigue. May leads to judgment on their ability to participate successfully Emotional State and attitudes: Negative state attitudes and emotional beliefs associated with exercise (e.g., fear, anxiety, anger, and frustration) related to lower levels of involvement and self-efficiency. State positive attitudes and emotional beliefs, including restraint, are related to higher levels of self-efficiency. Imagine experiments: See the imagined experiences (positive or negative) in participation exercise a client's notion of what exercises will be like to influence current levels of self-efficiency. 7 levels of SELF-EFFICACY Self-efficiency will influence the type of work a person wants to engage in, how hard they will try, and if they will persist: Those with high self-efficiency will: Choose hard work, set their goals, and show a commitment to master these tasks Show maximum efforts to reach their goals and even increase their efforts when challenges arrive Work overcomes obstacles and challenges and will recover from People with self-efficiency efficiency: Most likely to choose non-hard work that is not threatened and easy to accomplish scarce efforts to protect themselves in the face of a losing challenge of faith, give up, and drop out of the program if faced with many personal hampers should always take time to gain an understanding of the self-efficiency levels of their customers' : Most effective when done in conversation and does not understand what a person believes about his or her ability to succeed to increase the ability to design a program that puts the client up for successful 8 TRANSTHEORETICAL MODELS in the behavioral stages of ALTERPrecontantiation People are sedating and not even considered an activity program. They do not see activities as important in their lives. They can even demean the importance of being physically active. Contemplation steps are always sedating. They begin to consider activities as important. They began identifying their implications for being inactive. They are always ready to make a change. Preparation steps marked by some individuals' physical activities are mentally and physically prepared to adopt an activity program. Activity is spectacular, periodic, and consistent. They are ready to adopt and live an active lifestyle. Action step people engage in regular physical activity. They opt for less than six months. People's maintenance steps are engaged in regular physical activity. They opt for longer than six months. 9 Success in making a behavioral change is not a simple task. PWOsisis HELTER Not everyone is ready to start a regular exercise program, and personal trainers must stop using a one-size-fits-all approach to making program design and application. The success of making a behavior change is not a simple task. 10 PROCESS OF ALTER The general goal of any intervention should advance the individual in the next stage of change. A personal trainer first should attempt to identify the current stage of the customer: If someone actively seeks information about fitness programs, it may be at the contemplation stage. If someone is working unceasingly, he can be in the preparation stage. Listening to the kind of questions a person is asking, and any hesitation, can help identify the current stage of change. 11 TTM AND Self-EFFICACY Have a circular relationship between self-efficiency and behavior changes: Self-efficiency related to whether someone is involved in an activity. Participation in activities influences a person's personal level. Therefore, self-efficiency determines behavior and is also a result of behavior changes. In addition, there is a relationship between self-efficiency and stages of behavioral changes: Precontemplators and the contemporary have self efficiency. They don't exercise (or are inconsistent), and perhaps believe they don't have the ability or knowledge needed to be active. Those in action and maintenance steps have higher levels of self-efficiency. They are engaged in regular activities, thus demonstrating a belief in their ability to be active. Self-efficiency is strongly related to adoption programs and maintenance. 12 TTM AND Self-EFFICACY the most important and powerful preacher of self-efficiency is past-performance experience: A customer with past success will have higher self-efficiency regarding his or her ability to be active in the future. A customer with no exercise experience will have lower self-efficiency regarding his or her ability to engage in an exercise program. The coach's main goal is to gain experience non-positive exercises: By influencing self-efficiency, a customer can progress to these steps more efficiently. By trying to increase self-efficiency, a personal trainer may be able to help a customer progress in step into action faster. 13 TTM AND DECISIONAL BALANCED BALANCINGECISIONAL refers to the number of advantages with regard to adopting and/or maintaining an activity program: Increases the progress associated with adopting unwanted losses associated with an adoption desire behavior strategy to maximize the potential to minimize potential for knowing losses concerning they do not have to be logical or realistic and may be a result of misinformation and a lack of experience. The decision balance sheet introduced in Figure 4-1 can be used to help customers weigh benefits to know against the potential costs involved and make a change. While this worksheet is an important tool for helping coaches and clients work together to clarify potential barriers or psychological roadblocks, it is important that coaches do not become overly responsible on sticker. The most efficient approach is for trainers to use sticker in convenience with continued communication and observation to build a comprehensive understanding of customer needs and to develop appropriate programs. A natural change in decision balance occurs as people progress at the steps of change: the balance of advantages and changes concerning – more pursuing to focus on both s Long-Term And Long-Term Benefits is necessary: Long-term weight benefits are able to overwhelming and can make these benefits seem incontinence. Short-term benefits, such as increasing energy and restraint in the exercise itself, will give something to customers to look forward to immediately. 14 RELAPSE is the act of returning to a previous condition, which can: Occur at any stage of the TTM, including during the maintenance step Must be triggered by many events and change to irregular or even no activity: Move Switch to work or Family Work hours or work hours Injury Changes the behavior and commitment of long-term exercise, which should not be taken for granted within any given 15 DAYS OF CHANGE Review of these examples of individuals at each of the steps of change. How would you respond in every scenario? Precontemplation: You have a discussion with your uncle, who is questioning how anyone can make a living by helping people exercise. Your uncle sedante and think that exercise is for women who take aerobics or for the kind of bodybuilder who are looking to bulk up. He considers exercise as completely irrelevant in his life. Your first thought is to argue with your uncle and tell him that he is completely misinformed, but this should be counterproductive. How would you educate your grave without lectures or discuss with him? 16 STEPS OF CONTEMPLATION MOVEMENT: You receive a phone call from the gym from a woman who has seen an advertisement for a week of free trial. He says he hasn't worked now outside and that he's never been doing exercises in a gym before. She looks very pretensive and nervous on the phone and says that she is not sure she is for her, but that she knows she needs to be more active. He asks if there is any programming for beginners and if someone will be available to help him if he comes in, since he doesn't know what he's doing. How would you respond, and what is the most appropriate course of action for working with this potential customer? 17 STEPS OF PREPARATION CHANGE: You are approached by a member of the gym who comes in once a few months and go to a basic intrudently. He tells you that he wants to become more consistent and lose weight, but that he has a hard time finding the motivation. He says he is not really sure what he needs to do and that he needs help. How would you respond to members of this club to better improve his motivation for true lifestyle changes? 18 STEPS TO ALTERNATE ACTION: You have a female customer who has been still training three days a week for a couple of months. He sees great results and loves his intensity. He's always happy to enter and never miss an appointment. The client has two children and, with the school year coming to an end, knows his schedule will change. He really wants to continue coaching. You encourage the customer by telling him how big he was doing, reminding him how much he accomplished. The two of us then talk about the challenges she will face to try to stick to her vote when her children are out of school. How will you help your customer adjust to its new schedule? 19 STEPS TO MAINTENANCE CHANGES: A long time customer has lost more than 60 pounds (27 kg) and feels great. He reached his goal and loves being physically active. He even started taking his family to take the ride on weekends. It rarely lacks an appointment and is one of your easiest customers to face You understand, however, that this state of consistency may not last forever, so you plan a sit-down session with the client to evaluate the program and set new goals. How would you manage this meeting and what topics would you discuss in order to help your customer anticipate and overcome potential obstacles to continue success? 20 A SUMMARY An understanding of different patterns of behavioral change will provide personal trainers with the knowledge necessary to help clients make long-term behavior changes. Personal trainers can better gain an understanding of their self-efficiency level of consistent communication and report-building strategy. It is critical that personnel trainers respect on how difficult it is to adopt and maintain an exercise program, as successful in both the customer and coaching based on how well the processes of changes are implemented and used on a regular basis. best friend.

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