



Let's #BEACTIVE

eLearning for personal trainers
on
motivation, behavioural coaching and service

QUIZ




1. What is the suggestion based on the factor of autonomy of the self-determination theory?

- a. Clients want clear instructions
- b. Provide experienced clients with more options
- c. Provide experienced clients with less options




2. The stages of change are?

- a. Precontemplation, contemplation, action, maintenance, relapse
 - b. Precontemplation, contemplation, preparation, action, relapse
 - c. Precontemplation, contemplation, preparation, action, maintenance, relapse
- 




3. What kind of goal is most important to support new behaviour?

- a. Results-oriented
 - b. Process-oriented
 - c. Performance-oriented
- 



4. SMART means?

- a. Specific, measurable, appreciated, realistic, time
 - b. Specific, measurable, adjustable, realistic, time
 - c. Specific, measurable, adjustable, realistic, trustful
- 



5. Which statement is correct?

- a. Increased intensity results in high motivation
- b. Increased intensity results in low adherence
- c. Intensity does not influence motivation

Co-funded by the
Erasmus+ Programme
of the European Union

