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Question 1

Question Type: MultipleChoice

Verbal encouragement, material incentives, self praise, and use of specific contingency contracts are examples of

Options:

- A- Shaping.
- B- Reinforcement.
- C- Antecedent control.
- D- Setting goals.

Answer:

B

Question 2

Question Type: MultipleChoice

The concept of shaping refers to

Options:

- A- Using self-monitoring techniques (e.g., exercise logs).
- B- Using visual prompts (e.g., packing a gym bag the night before) as reminders to exercise.
- C- The process for establishing self-efficacy.
- D- Setting intermediate goals that lead to a long-term goal.

Answer:

D

Question 3

Question Type: MultipleChoice

One mistake that health care providers and exercise promoters make is to

Options:

- A- Assume that most individuals are ready to change their behavior.
- B- Encourage the accumulation of moderate intensity activity throughout the day.
- C- Legitimize a client's concerns.
- D- Use the five A's strategy for counseling.

Answer:

A

Question 4

Question Type: MultipleChoice

Which of the following is an example of a behavioral process in the Transtheoretical Model?

Options:

- A- Consciousness raising.

- B- Stimulus control
- C- Dramatic relief.
- D- Environmental reevaluation.

Answer:

B

Question 5

Question Type: MultipleChoice

People in which stage are at the greatest risk of relapse?

Options:

- A- Precontemplation.
- B- Contemplation.
- C- Preparation.
- D- Action.

Answer:

D

Question 6

Question Type: MultipleChoice

An individual would not increase self-efficacy by

Options:

A- Performance accomplishments.

B- Vicarious experience.

C- Verbal persuasion.

D- Using a decisional balance sheet.

Answer:

D

Question 7

Question Type: MultipleChoice

A decisional balance sheet is used to

Options:

- A- Assess barriers and benefits for physical activity or exercise.
- B- Determine a person's self-efficacy.
- C- Determine a person's readiness to change behavior.
- D- All of the above.

Answer:

A

Question 8

Question Type: MultipleChoice

In the Social Cognitive Theory, which three major dynamic interacting influences are postulated as determining behavioral change?

Options:

- A- Personal, behavioral, and environmental.
- B- Reinforcement, commitment, and social support.
- C- High-risk situations, social support, and perceived control.
- D- Stage of readiness, processes of change, and confidence.

Answer:

A

Question 9

Question Type: MultipleChoice

The idea that intention is the most important determinant of behavior is a central component of the

Options:

- A- Relapse Prevention Model.
- B- Social Cognitive Theory.
- C- Theory of Planned Behavior.
- D- Transtheoretical Model.

Answer:

C

Question 10

Question Type: MultipleChoice

A limitation of psychological theories is

Options:

- A- They do not reinforce behavior.

- B-** They leave out important elements (e.g., sociocultural factors).
- C-** They make too many assumptions.
- D-** They cannot evaluate programs.

Answer:

B

Question 11

Question Type: MultipleChoice

Setting several short-term goals to attain a long term goal to increase self-efficacy is an example of

Options:

- A-** An application of cognitive-behavioral principles.
- B-** An evaluation.
- C-** A relationship to theory.
- D-** An explanatory theory.

Answer:

A

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