

## **Understanding Why your clients stay or Why they leave your class by Donna Piercy and Putting Spring into Fitness.....transitioning by Gina Geres**

### **CEC Multiple Choice Exam**

Please note this exam is based on two articles in the Fitness Informer: Understanding Why Your clients stay or Why they leave your class by Donna Piercy and Putting Spring into Fitness.....transitioning by Gina Geres. Please be aware that questions may involve the application of the information from the articles and not simply recall. This exam is worth 1.0 AFLCA credit. Circle your answers. Mail this exam to the AFLCA.

Good luck, and be sure to include your name and return address.

1. What are NOT characteristics of motivated clients?
  - a) Belief in their ability and overall goals
  - b) Quick recovery time after failure and eager to attempt new things
  - c) High self esteem and flexible outcome goals
  - d) Belief they will receive health benefits and desired outcomes
  
2. What is true about self efficacy?
  - a) Self efficacy overall is not related to self esteem
  - b) Self efficacy and goals do not need to be balanced for success
  - c) High self efficacy is always present in every area of life
  - d) People with high self efficacy may have low self esteem
  
3. What may lead to low self efficacy?
  - a) High outcome expectations
  - b) A belief in their ability to make change and attain outcomes
  - c) Past negative experiences
  - d) Low self esteem and balanced outcome goals
  
4. What may cause a client or participant from returning to an exercise class?
  - a) Achieving the next level of difficulty of a curl up
  - b) Not keeping up to the movements of other participants
  - c) Following a dance based choreographed routine
  - d) The belief they may not achieve a goal
  - e) both b and d
  
5. As a fitness professional, what should you do to help motivate participants?
  - a) Be positive and point them out in class
  - b) Be flexible and provide alternatives
  - c) Be professional and connect with all participants
  - d) All of the above
  - e) b & c only

6. As a fitness professional, it is important to challenge participants and understand the needs of the class.
- a) True
  - b) False

#### Putting Spring into Fitness....transitioning Article

7. What are some considerations when planning an outdoor fitness class?
- a) Emergency first aid plan
  - b) Weather conditions
  - c) Ground conditions
  - d) All of the above
8. What is NOT an example of an exercise that utilizes the outdoor environment?
- a) Tricep dips using a park bench
  - b) Walking lunges
  - c) Pull ups using playground equipment
  - d) Push ups against a tree or wall
9. What should a leader do when designing an outdoor class to ensure it is safe?
- a) Check the environment for possible hazards and develop an active lesson plan
  - b) Place markers on unsafe areas and ensure all participant work at the same pace
  - c) Ensure participants complete all exercises at a high level
  - d) Allow slower participants to run at their own pace falling behind the group
10. What is an example of an outdoor class?
- a) Circuit with muscular strength and endurance
  - b) Interval training
  - c) Yoga with strength
  - d) All of the above