

GOAL SETTING

Use practical examples to explain why goal setting is important in sustaining a healthy lifestyle.

(4)

1. (motivation)	Can motivate/encourage to participate/play/join-in/be healthy. Eg Give target to eat 5 fruit/veg will motivate you to eat healthily
2. (persistence)	Can encourage persistence/sticking or keeping with exercise / healthy lifestyle or not giving-up on healthy behaviour Eg Stick to an exercise routine
3. (focus)	Can give direction/focus/end product or you know what to do / to aim for Eg following a better diet or giving up smoking
4. (anxiety)	Can help to control anxiety/stress/arousal when trying to follow BAHL Eg Targets will take away anxiety/worry about regular exercise
5. (skills/methods)	Can help to develop skills/methods/strategies in following BAHL Eg Target setting will help you learn to use exercise equipment correctly
6. (confidence)	Gives you confidence that you have direction or know what you are doing / increase self-esteem / feel good about yourself Eg Target for cutting down on smoking may raise confidence to give up
7. (reward/ achievement)	Measured goals can give evidence of improvement/gives reward/positive reinforcement when you have achieved a result related to BAHL Eg Recorded goals attained gives sense of achievement of doing more exercise. or short term goal achievement can lead to long term goals (eg smoke one cigarette a day for a week and then give up completely)

Describe how goal setting can impact on participation and performance in sport.

(5)

1	Motivation can motivate/encourage to participate/play/join-in/to do well/ strive for better performances or personal bests
2	Can increase confidence /self esteem / self efficacy / mastery orientation
3	Can encourage persistence/sticking to the task/not giving-up
4	Can give direction/focus/end product to aim for/concentration
5	Can help to control anxiety/stress/arousal
6	Must be SMART/SMARTER (specific/measurable/achievable/realistic/time-phased) (SMARTER to include exciting/recorded) to be relevant
7	Can help to develop skills/strategies/tactics

Explain using practical example how goal setting could be effectively used to improve participation in physical activity

(5)

1	Goals should be specific/directly linked to an outcome/focussed eg. to improve CV fitness/focus
2	Goals should be measurable/an objective aspect that is measured eg. participate three times per week
3	Goals should be achievable/within reach/attainable/realistic/get success eg. choose an activity that I am confident in
4	Goals should be relevant/at the right level/challenging eg. join in with friends activities
5	Goals should be time-phased/include short and long term objectives eg. go to some taster sessions and then join the activity on a year's subscription
6	Goals should be evaluated/use of self-assessment/reviewed eg. make a self assessment about how you feel about the physical activity
7	Goals should be recorded/records kept/written account/enables accountability eg. record the times you exercise each week
8	Goals should be agreed/shared with all parties/other team members/agreement between coach and athlete/negotiated/accepted eg. agree your goals with the personal fitness trainer
9	Goals should be positive rather than negative/motivational/give sense of worth/avoid learned helplessness/exciting eg. try an adventurous activity that is to do with taking part rather than winning.