

First Name: _____

Last Name: _____

REC1050-22 – Evaluating Goal-Setting Processes used in SPPR £16 marks

Goal Setting in Sports Performance

The *Initial Goal Setting* process used in Sports Performance emphasizes clearly defining your goal. In the process of setting their goal, students

- a. Specified the related *Health* and *Performance* components of their goal.
- b. Defined their measureable activities in terms of F.I.T.T. (*Frequency, Intensity, Type, and Time*)
- c. Determined their baseline measurements for that activity.
- d. Set a S.M.A.R.T. goal for that measurable activity.

General Fitness Goal #1:			
<i>Check off all related Health and Performance Components</i>			
Health Components: <input type="checkbox"/> Cardiovascular Health <input type="checkbox"/> Muscular Strength <input type="checkbox"/> Muscular Endurance <input type="checkbox"/> Flexibility		Performance Components: <input type="checkbox"/> Power <input type="checkbox"/> Agility <input type="checkbox"/> Speed <input type="checkbox"/> Coordination <input type="checkbox"/> Balance	
<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #1a:		Activity #1b:	
<i>Frequency</i>	<i>Intensity</i>	<i>Frequency</i>	<i>Intensity</i>
<i>Type</i>	<i>Time</i>	<i>Type</i>	<i>Time</i>
<i>Baseline measurements:</i>			
Activity #1a:		Activity #1b:	
<i>Specify a goal specific to each activity. Describe each activity goal in terms of S.M.A.R.T. (Specific, Measureable, Achievable, Realistic, Time-Based)</i>			
Activity #1a Goal:		Activity #1b Goal:	
<i>Achieved by:</i>		<i>Achieved by:</i>	

Evaluating Goal-Setting Processes used in Sports Performance

While this *Initial Goal Setting* template meets the curricular outcomes, it may not be the best goal-setting strategy **for you**. Use the following questions to give feedback on the *Initial Goal Setting* template.

I was able to use the template to clearly define my measurable activities.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

I was able to use the template to clearly define my goal.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

I felt motivated to meet my goal.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

	3	2	1	0
Evaluating Goal-Setting Processes used in SPPRF	<i>Student has answered all three questions.</i>	<i>Student has only answered two questions.</i>	<i>Student has only answered 1 question.</i>	<i>Student has not answered any questions.</i>

Give feedback on what would have made the goal-setting process better for you.

	3	2	1	0
Suggested improvements to Goal-Setting Processes.	<i>Student has provided an insightful response to the question.</i>	<i>Student provided a simplified response to the question.</i>	<i>Student's response does not answer the question.</i>	<i>Student did not attempt to answer question.</i>