

Like any technique, goal setting is only as effective as the person who uses it. There is nothing magical about its ability to motivate behaviour.

- Clients' stated needs can be easily be distorted if they think you want to hear something different.
- Also, specific established goals may lack intrinsic value or become supplanted by competing needs.

When the latter occurs, try linking exercise goals to areas of a person's life that are highly valued.

### Outcome versus Process Oriented Goals

It is important to set both Outcome and Process Oriented goals; however, care should be taken in establishing outcome goals that are not too rigid

Example:

Outcome goals – Lose 15lbs

Process goals – to maintain specific exercise and healthy diet behaviour, to provide a daily guide to fitness activity and create a mechanism for obtaining desired outcomes. E.g. 2 sets x 15 reps of leg curls

### Goals

Goals should be **specific, clearly defined** and **realistic** - goals and needs must be stated in objective terms.

The original needs of the client must be clarified, there must be agreement that reformulated objectives are consistent with original statements of need, and increments of growth should be based on performance in the started phase of an ex prescription

### Lack of Support Undermines the Goal-Setting Process

If you want to get the most out of goal setting, if you want clients to value the process, then it has to be clear to them that you believe that goals play a critical part of fitness programming. Programme and facility support are necessary if goal setting is to work properly. Consideration needs to be given to equipment, physical space etc.

### Goals Can be a Risk

Goals can actually limit performance and encourage clients to take shortcuts (e.g. starvation diets) when used improperly. Furthermore, an overemphasis on performance through excessive focus on demanding goals creates the risk of establishing a work-rather than a leisure –oriented environment. This will be unacceptable to many clients

### Goal Setting Task

Write down your answers to the following:

1. List 3 things you have already accomplished in your life.
2. List 20 items you want to achieve. Include more than objects, such as what to see, what to do, where to go, whom to become
3. Identify each as a goal than can be accomplished:
  - by the end of this course
  - by the summer
  - by the end of the year

Circle the 3 most important one-year goals.

Write down a paragraph describing what kind of person you must become to achieve these goals.

