

CHECKLIST 4.3 Requiring Aversive Behaviors

Rate yourself regarding the following statements.

	Consistently	Inconsistently	Never
Requiring Physical Activity as Punishment			
I have read my institution's or organization's policy about using physical activity as a corrective method.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid requiring physical activity as a consequence because it may give participants a negative attitude toward physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Requiring Reparation			
I review school district or organizational policy to assure that using reparation is acceptable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I use reparation, I inform parents or guardians of the misbehavior and the consequence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If helpful, I hold a conference with the parents or guardians and participant to determine the reparation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encourage parents or guardians to support the consequence rather than bailing their son or daughter out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using Overcorrection (Restitutional and Positive Practice)			
I apply overcorrection immediately after the offense.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ensure that the consequence relates to the inappropriate act.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>