

Chapter 3 Glossary Terms

ABC (antecedent–behavior–consequence) analysis—Paradigm in which a relationship exists among the (A) antecedents or events that happen before the (B) behavior occurs, and the (C) consequences or events that follow the behavior.

behavioral approach (*see also* **operant conditioning**)—includes methods that involve manipulating the environment (such as reorganizing the physical or social environment) or consequences to a behavior.

catch them being good (*see also* **positive pinpointing**)—Reinforcement or recognitions of participants for appropriate behavior.

completion-contingent rewards—Rewards earned for completing a task.

continuous reinforcement—Reinforcement that is provided each time the appropriate behavior occurs.

contract—Verbal or a written agreement between two people stating the desired behavior or performance improvement over a specific period of time.

display board—Portable, visual, economical, and practical way to make behavior management information visible: rules, motivational slogans, names of students of the week, levels of self-responsibility, or folders with reinforcements such as stickers or certificates.

engagement-contingent rewards—Rewards earned for attending and responding to the actual instruction.

extinction—Ignoring the undesirable behavior. The withholding of reinforcement when an inappropriate behavior occurs in order to decrease the occurrence of that behavior in the future; can also be called planned ignoring.

extrinsic reinforcement—External recognition or support that comes from outside sources and resides outside a person, usually in the form of a reward such as a trophy or sticker.

fixed-interval reinforcement—Reinforcement of the behavior after a specific, predetermined period in which the behavior occurs.

fixed-ratio reinforcement—Reinforcement of the behavior after a specific or predetermined (fixed) number of times the behavior occurs.

group contingency—Presentation of a highly desired reinforcer to a group based on the behavior of the group as a whole or one person.

intermittent reinforcement—Reinforcement that is provided at specific, scheduled times when the appropriate behavior occurs.

interval reinforcement—Reinforcement that depends on the period in which the behavior occurs.

intrinsic reinforcement—Internal, intangible feeling of accomplishment that resides internally within a person, such as taking pride in successfully completing a task.

negative reinforcement—Technique in which an ongoing aversive stimulus is removed as a consequence of a behavior, resulting in an increase in the future occurrence of that behavior. A response or behavior is strengthened by stopping, removing, or avoiding a negative outcome or aversive stimulus.

noncontingent rewards—Rewards given without an antecedent behavior; the person does not have to participate or even respond appropriately to the instruction.

1 From B.W. Lavay, R. French, and H.L. Henderson. 2016, *Positive behavior management in physical activity settings web resource*, 3rd ed. (Champaign, IL: Human Kinetics).

nonverbal reinforcers—Nonverbal indicators such as a smile or a high five that are often used as social reinforcement.

operant conditioning (*see also* **behavioral approach**)—Process in which the frequency of occurrence of a behavior is modified by the consequences, which is a stimulus change that follows the given behavior and alters the frequency of that behavior.

performance-contingent rewards—Rewards earned for demonstrating a specific level of performance.

physical activity reinforcement—Choices of activities provided for performing the desired behavior (e.g., playing with or on a favorite piece of equipment, participating in a favorite game).

positive pinpointing (*see also* **catch them being good**)—Identification of participants who are demonstrating the skill correctly or the behavior appropriately.

positive reinforcement—The offering of a positive stimulus or something valued as a consequence of a desired behavior, resulting in an increase in the frequency of that behavior.

Premack principle—Use of more preferred, highly reinforcing, or valued activities (e.g., shooting a basketball) that are contingent on completing less preferred activities (e.g., performing volleyball drills).

primary reinforcers—Those satisfy a biological need, such as food when hungry or water when thirsty.

privilege—Special benefit or right that is granted to a student or player (e.g., distributing equipment, being a squad or exercise leader, using a computer tablet to choose class activities, receiving a visit from a star athlete, being a peer tutor).

prompt—Cue or reminder used to assist a participant in recognizing when to perform a desired behavior.

public posting—Public recognition or the posting the names of participants or groups that have successfully performed the desired behavior.

ratio reinforcement—Reinforcement that depends on the number of times the behavior is demonstrated.

reinforcement—Consequence of a behavior that results in an increase in the likelihood that that behavior will occur in the future.

reinforcement menu—Visual list of items, usually posted, that participants can choose from when they earn a reinforcer.

secondary reinforcers—Types of reinforcement that people have learned to like, such as shooting a basketball successfully, or receiving stickers or a trophy.

shaping—Process by which performance of each small step toward or approximation of the expected behavior is reinforced.

tangible reinforcers—Consumable or material objects a person wants, such as food, stickers, medals, or certificates used as consequences to increase the desired behavior.

task analysis—Process by which a behavior is broken down into smaller, well-defined parts or steps.

token economy system—Delayed method of reinforcement in which participants receive tokens immediately following successful performance of the desired behavior; tokens can later be exchanged for rewards.

unexpected rewards—Rewards earned after a specific level of performance is exhibited even though the reward was not expected.

variable-interval reinforcement—Reinforcement of the behavior after a changeable (variable) period in which the behavior occurs.

variable-ratio reinforcement—Reinforcement of a behavior after a changeable (variable) number of times the behavior occurs; schedule of reinforcement changes constantly.

verbal reinforcers—Words or statements such as general or specific compliments that are often used as social reinforcement.