

Chapter 5 Glossary Terms

character education—Deliberate effort to help others understand, care about, and act on core ethical values.

enforceable limits—Strategy used in love and logic where a participant is provided options for behaviors or actions and informed of the consequences for decisions; provision of choices within limits.

huddle—Group discussion about character-building activities, including discussions about key words (e.g., respect, honesty, trust).

humanistic approach—Focus on the development of self-concept, interpersonal relationships, personal and social responsibility, and other qualities of good character; requires understanding the psychological or underlying causes of behavior, developing a trusting relationship with the participants, and teaching self-control.

love and logic—Positive humanistic behavior management method of providing people with positive steps for taking ownership of and solving their own problems.

motivator—Way of greeting everyone with enthusiastic verbal and physical actions as they come into a class, practice, or activity.

reflection time—Opportunity identified within class, practice, or program for participants to make decisions; consider their feelings, thoughts, attitudes, intentions, and behaviors; and determine the level at which they think they are operating.

relational time—Interactions between participants and a physical activity professional.

self-evaluation—Process in which a person compares his or her behavior to a set of criteria (i.e., rubric) and then makes a judgment as to whether a behavior meets the criteria or not.

sporting behavior—Unifying moral concept that describes good character in sport: respect for teammates, for coaches, for the opponent, for the officials, and for the game.

teaching personal and social responsibility (TPSR) model—Student-centered approach that facilitates development of personal and social responsibility in each person.

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).