

CHECKLIST 5.3 Using Character Education

Rate yourself regarding the following statements.

	Consistently	Inconsistently	Never
I strive to create a positive environment in which participants will understand the benefit of physical activity and be intrinsically motivated to participate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I strive to create a sense of community in my physical activity environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I provide specific activities to build character and enhance intrinsic motivation to participate in physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I strive to be a good role model and demonstrate team building.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I create a routine at the beginning of each session that helps develop a welcoming atmosphere.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I provide team-building activities throughout the session.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>