

Growth Mindset Quiz

Place a check in the column that identifies the extent to which you agree or disagree with the statement.

| | | Strongly Agree | Agree | Disagree | Strongly Disagree |
|-----|---|----------------|-------|----------|-------------------|
| 1. | Your intelligence is something very basic about you that you can't change very much. | | | | |
| 2. | No matter how much intelligence you have, you can always change it quite a bit. | | | | |
| 3. | You can always substantially change how intelligent you are. | | | | |
| 4. | You are a certain kind of person, and there is not much that can be done to really change that. | | | | |
| 5. | You can always change basic things about the kind of person you are. | | | | |
| 6. | Music talent can be learned by anyone. | | | | |
| 7. | Only a few people will be truly good at sports--you have to be "born with it." | | | | |
| 8. | Math is much easier to learn if you are male or maybe/come from a culture who values math. | | | | |
| 9. | The harder you work at something, the better you will be at it. | | | | |
| 10. | No matter what kind of person you are, you can always change substantially. | | | | |
| 11. | Trying new things is stressful for me and I avoid it. | | | | |
| 12. | Some people are good and kind, and some are not--it's not often that people change. | | | | |
| 13. | I appreciate when parents, coaches, teachers give me feedback about my performance. | | | | |
| 14. | I often get angry when I get feedback about my performance. | | | | |
| 15. | All human beings without a brain injury or birth defect are capable of the same amount of learning. | | | | |
| 16. | You can learn new things, but you can't really change how intelligent you are. | | | | |
| 17. | You can do things differently, but the important parts of who you are can't really be changed. | | | | |
| 18. | Human beings are basically good, but sometimes make terrible decisions. | | | | |
| 19. | An important reason why I do my school work is that I like to learn new things. | | | | |
| 20. | Truly smart people do not need to try hard. | | | | |

Circle the number in the box that matches the answer.

| | Strongly Agree | Agree | Disagree | Strongly Disagree |
|--|----------------|-------|----------|-------------------|
| 1. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| 2. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 3. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 4. Personality/character mindset-fixed | 0 | 1 | 2 | 3 |
| 5. Personality/character mindset-growth | 3 | 2 | 1 | 0 |
| 6. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 7. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| 8. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| 9. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 10. Personality/character mindset-growth | 3 | 2 | 1 | 0 |
| 11. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| 12. Personality/character mindset-fixed | 0 | 1 | 2 | 3 |
| 13. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 14. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| 15. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 16. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| 17. Personality/character mindset-fixed | 0 | 1 | 2 | 3 |
| 18. Personality/character mindset-growth | 3 | 2 | 1 | 0 |
| 19. Ability mindset-growth | 3 | 2 | 1 | 0 |
| 20. Ability mindset-fixed | 0 | 1 | 2 | 3 |
| Total | | | | |
| Grand Total | | | | |

Strong Growth Mindset=

45-60 points

Growth Mindset with some Fixed ideas

34-44 points

My Growth Mindset is: _____ Points

Fixed Mindset with some Growth ideas

21-33 points

Strong Fixed Mindset

0-20 points

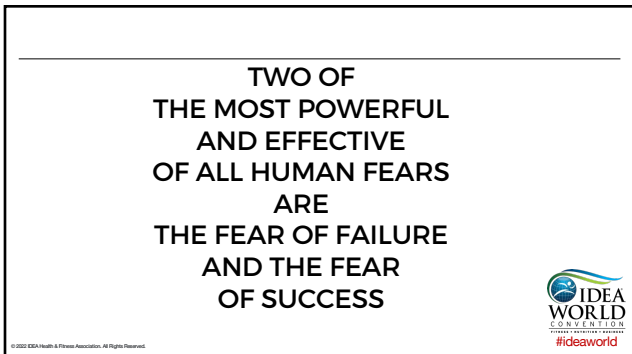
Adapted from: <http://www.classroom20.com/forum/topics/motivating-students-with>



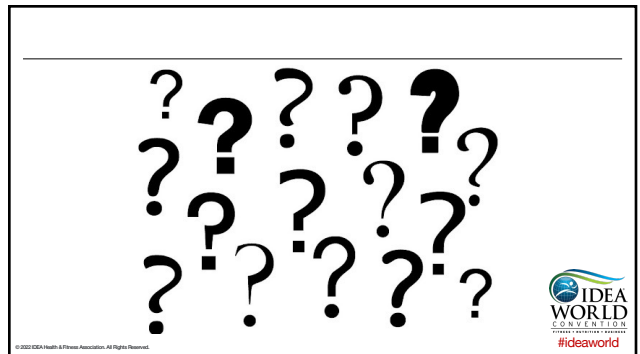
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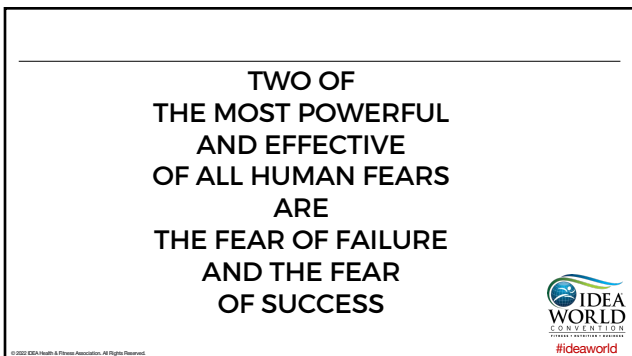
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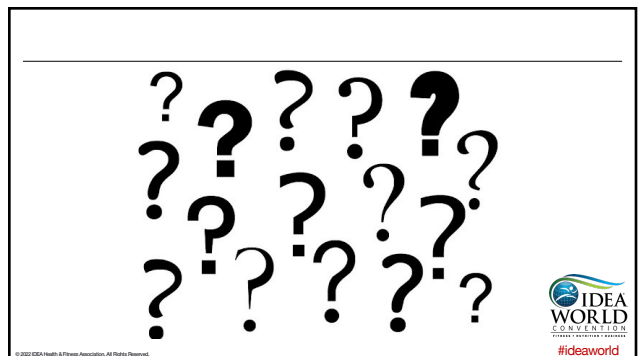
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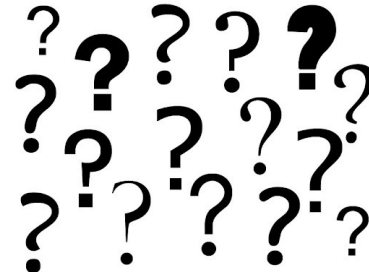


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TWO OF
THE MOST POWERFUL
AND EFFECTIVE
OF ALL HUMAN FEARS
ARE
THE FEAR OF FAILURE
AND THE FEAR
OF SUCCESS



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8

WHO AM I? AIMEE NICOTERA

- Nutrition Science, BS
- Health Education, MS
- ACSM, ACE, AFAA, IoM AHHPs L2, SGX L2, CETI, FAI...
- Group Fitness Instructor since 1993
- Personal Trainer since 1995
- Wellness Coordinator, Fitness Director, HS Health/PE Teacher, Program Developer
- Virtual Studio Owner
- Creator DVD Series: 2X2 Conditioning® + Take 20!®
- Creator E5 Collective®



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- The US obesity prevalence was 41.9% in 2017 – March 2020.
- From 1999 –2000 through 2017 –March 2020, US obesity prevalence increased from 30.5% to 41.9%. During the same time, the prevalence of severe obesity increased from 4.7% to 9.2%.

Source: cdc.gov [overweight & obesity – data & statistics]

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Objective

- Get more people moving
- Provide coaches and instructors with a simple formula
- Create programming for various spaces
- Make it easy & affordable for fit pros to get started
- Bridge the gap between science and practice with an innovative approach & one inclusive experience



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WHAT IS
E5 COLLECTIVE?

- Fitness format formula
- Time based – Minimal equipment
- 45 or 50-minute versions
- Online instructor training course
- Instructor membership
- Subscription model



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BASED ON SCIENCE

The foundation of the E5 COLLECTIVE® program is based on the science and research that exists around 4 main ideas.

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Variability

- **Movement:** directions, planes of motion, odd positions, range of motion, ground to standing patterns
 - **Wolff's Law:** Bones adapt along lines of imposed stress
 - **Davis's Law:** Soft tissue forms and heals to reflect mechanical stress
- **Load:** with and without external load
 - 4Q Neuromechanical model by Institute of Motion
- **Intensity:** low, moderate and high; recovery and breath work – increase Heart Rate Variability
- **Fascia:** In order to train our fascial system well, several strategies are recommended, including incorporating movement variety, applying load to the functional fascial chains across several joints, using stretching and lengthening movements and fostering sensory stimulation and body awareness (Schleip, 2017).

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Variability

Sit to Stand Exercise

How many different ways can you get down on the floor and back up again to standing in one minute?

TRY IT!

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Cognitive Health

The **four primary cognitive abilities** are memory, attention, executive function and processing speed; E5 integrates tasks that target these

Dual Tasking: "Physical activity programs that also contain brain training can produce greater cognitive benefits in older adults; especially when the physical activity and brain training are done simultaneously, and regardless of program characteristics like length, session duration, and session frequency" (Gheysen et al. 2018).

Coordinative Exercise: Neuromotor & open-skill (more unpredictable) exercise can incorporate coordinative movements and (depending on the novelty) can possess certain cognitive demands.

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Stand and Squat Hover Drill

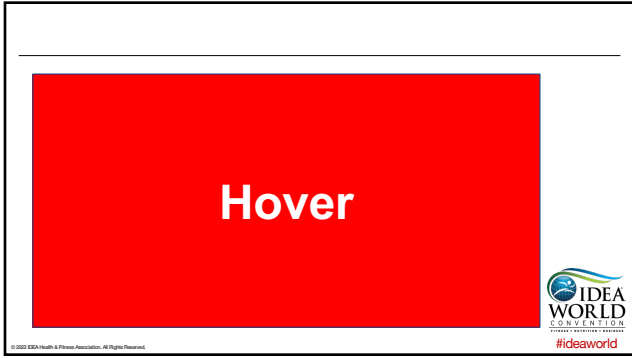
Green = Do it

Red = Do not do it

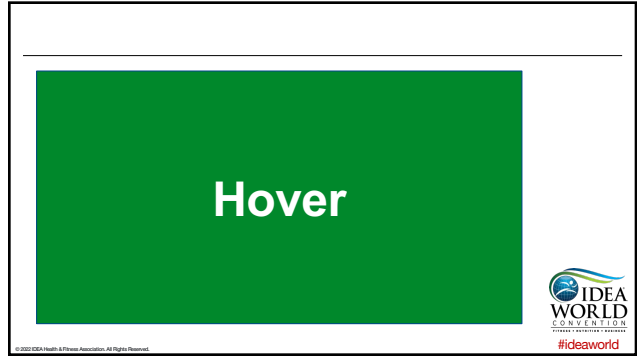
Start in seated position

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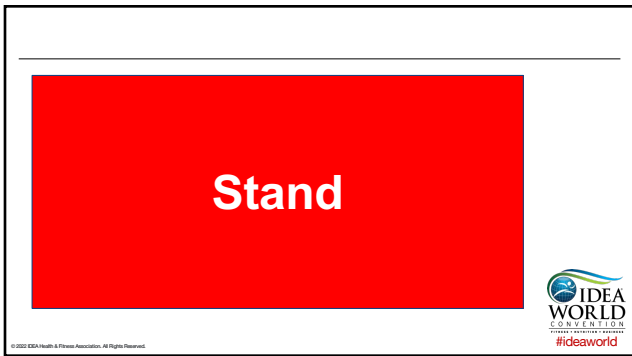
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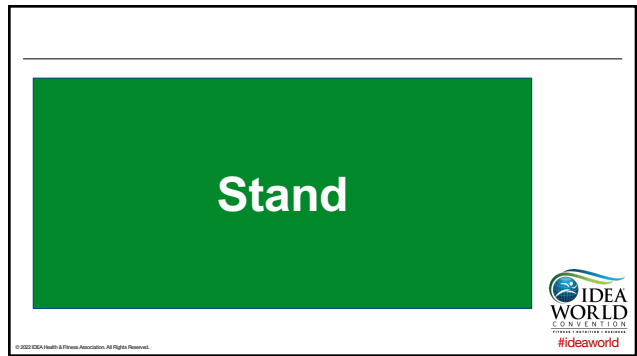
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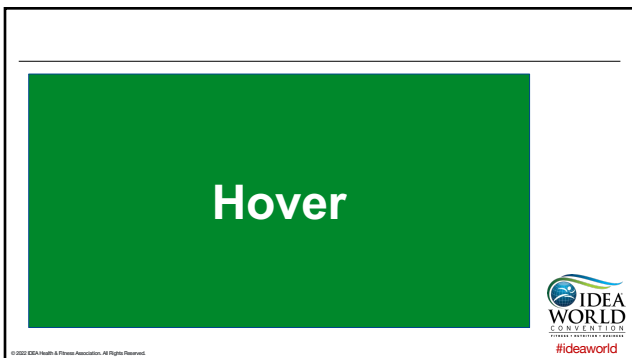
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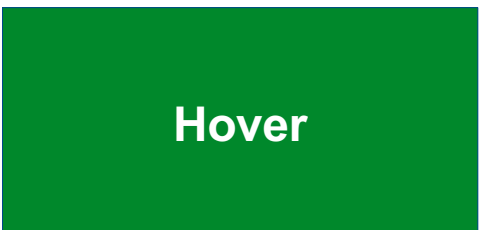


Stand




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Hover




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Stand




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Now reverse it! Start standing.


Green = Do not do it

Red = Do it




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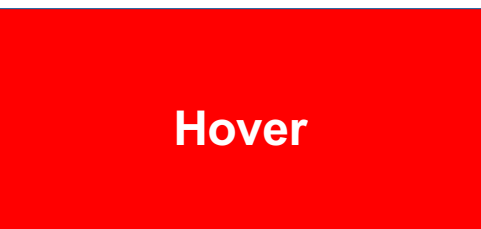


Hover




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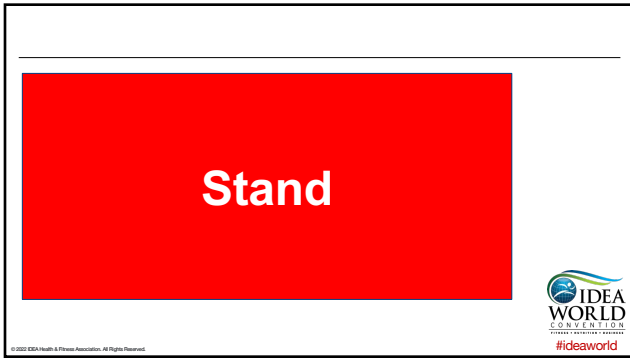


Hover

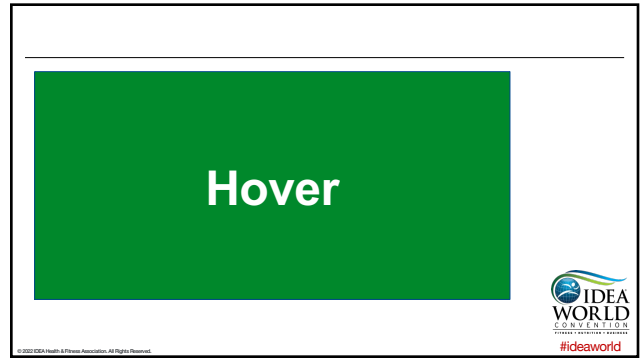


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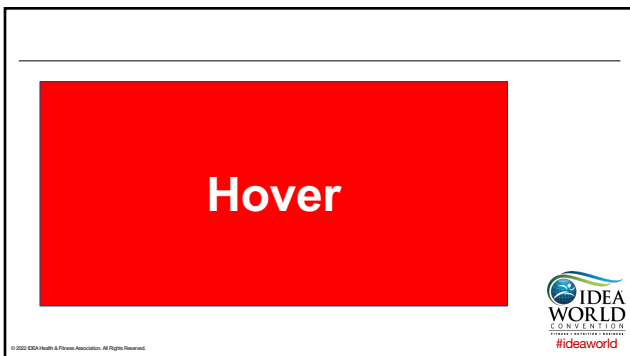
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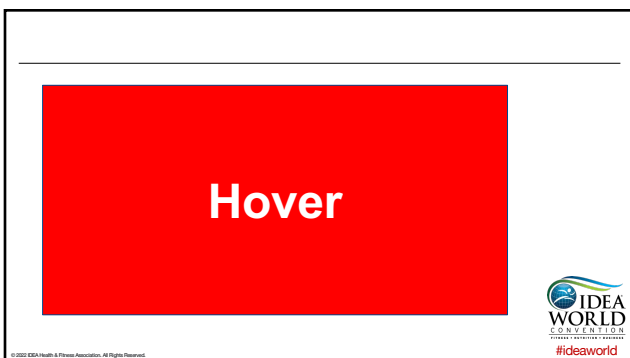
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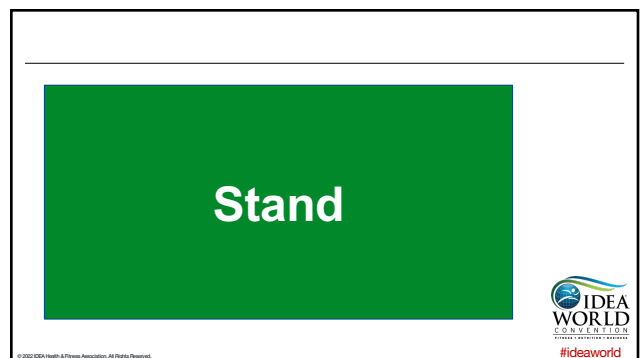
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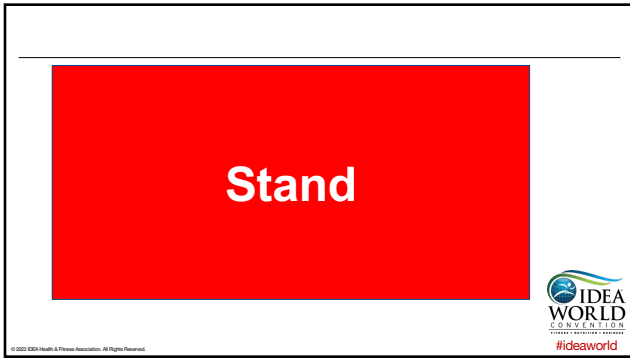
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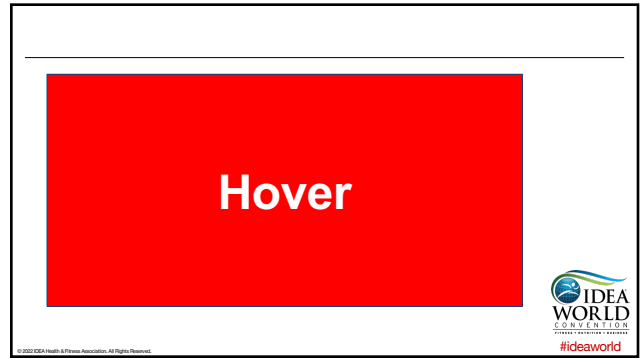
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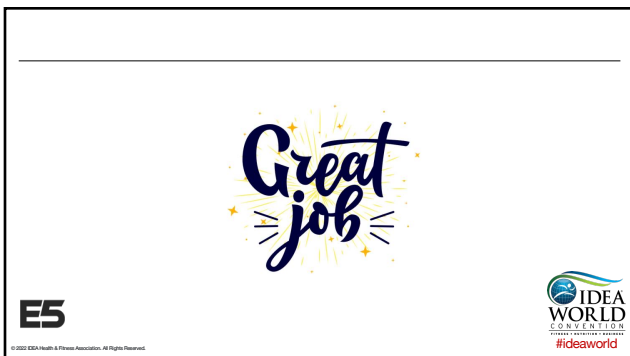
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Play

- **Verb:** to engage in (an activity) as a game
- **Noun:** the conduct, course, or action of a game; recreational activity

[Source: <https://www.merriam-webster.com/dictionary/play>]

IDEA WORLD
CONNECTIONS
#ideaworld

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"Exercise programming that is more enjoyable and uses a diverse set of implements to recreate "playtime"...may shift the mindset of the patient away from dreading exercise to looking forward to it because it is fun. Because lifestyle modification is the only true way to reclaim health, adopting this view has important implications for recovery and long-term wellness." (Jett et al. 2013).

"If your game allows for coworkers, friends, families, or acquaintances to share an experience or connect, then suddenly your game is more than a game: it is an emotional common ground and pathway. That makes it addictive, attractive, and worth sharing." Socialization can create motivation and promote accountability. (Sintek et al. 2013).

IDEA WORLD
CONNECTIONS
#ideaworld

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Let's PLAY

[alone & together]

2-Minute "Texting" Drill

A, B, C Drill
Find a partner!
[1 ball/pair]

IDEA WORLD
CONNECTIONS
#ideaworld

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Mindset

Our willingness to **do hard things** and **get uncomfortable** fosters mental strength. Our willingness to see the opportunity amidst the difficulty can affect our approach, thought process, feelings and outcomes.

"A **fixed mindset** about ability leads to pessimistic explanations of adversity, and that, in turn, leads to both giving up on challenges and avoiding them in the first place. In contrast, a **growth mindset** leads to optimistic ways of explaining adversity, and that, in turn, leads to perseverance and seeking out new challenges that will ultimately make you even stronger" (Duckworth, 2016).



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FIXED MINDSET CHARACTERISTICS GROWTH MINDSET

| | | |
|---------------------------------------|----------------------------|--|
| SET - YOU HAVE WHAT YOU HAVE | SKILLS+INTELLIGENCE | CAN BE GROWN AND DEVELOPED |
| HOW THEY LOOK PERFORMANCE FOCUS | MAIN CONCERN | LEARNING / GETTING BETTER PROCESS FOCUS |
| SOMETHING YOU DO WHEN YOU'RE NOT GOOD | EFFORT | AN IMPORTANT PART OF LEARNING |
| GIVE UP / CHECK OUT | CHALLENGES | PERSEVERE / WORK THROUGH IT - SHOW MORE GRIT |
| TAKE IT PERSONAL GET DEFENSIVE | FEEDBACK | LIKE IT / USE IT TO LEARN |
| HATE THEM / TRY TO AVOID MAKING THEM | MISTAKES | TREAT THEM AS A LEARNING OPPORTUNITY |

WWW.TRAINUGLY.COM



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Growth Mindset Quiz



"Check yourself, before you wreck yourself." - Ice Cube

Take the quiz adapted from: <http://www.classroom20.com/forum/topic/s/motivating-students-with>

Does our coaching foster a growth mindset?



45

+ "EXPLORE" MORE

5 SEGMENTS



46

TAKE
chances

You miss
100%
of the shots you don't take

don't think
just do

If it doesn't
challenge you,
it won't change you.

Strive for
greatness

BELIEVE
in yourself

47



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QUESTIONS?
COMMENTS?




MINIMAL EQUIPMENT, MAXIMAL IMPACT
with E5 COLLECTIVE

(Take a group photo!!)


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+ THANK YOU!! EXPO BOOTH #342

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