

***Foundations of Sport and Exercise Psychology 7th
edition Weinberg Test Bank***

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1. Chapter 1 Quiz

Which of these questions would NOT fall under the category of "What effect do psychological factors have on an individual's performance?"

- a. Does self-confidence influence a child's ability to learn to swim?
- b. How does anxiety affect a tennis player's service accuracy?
- *c. Does running reduce one's anxiety and depression?
- d. How does punishment influence an individual's motivation to continue participation in sport?
- e. How does concentration affect performance in fine motor tasks?

2. Chapter 1 Quiz 2

Emotional disorders affecting sport performance, such as eating disorders and drug abuse, would best be treated by a

- *a. clinical sport psychologist
- b. developmental psychologist
- c. educational sport psychologist
- d. Rogerian sport therapist
- e. Gestalt sport therapist

3. Chapter 1 Quiz 3

Who was the professor and basketball coach at Pennsylvania State University who wrote one of the first applied books in the area, *The Psychology of Coaching*?

- a. Bryant Cratty
- *b. John Lawther
- c. Franklin Henry
- d. Rainer Martens
- e. E. W. Scripture

4. Chapter 1 Quiz 4

The leading researcher during period 3 (1938-1965) was

- *a. Franklin Henry
- b. Richard Schmidt
- c. George Stelmach
- d. Jack Adams
- e. Scott Kelso

5. Chapter 1 Quiz 5

The father of American sport psychology is

- *a. Coleman Griffith
- b. Rainer Martens
- c. Dan Landers
- d. Dan Gould
- e. Robert Singer

6. Chapter 1 Quiz 6

Which professional sport psychology association developed standards for certification of individuals working in applied sport psychology settings?

- a. North American Society for the Psychology of Sport and Physical Activity
- b. International Society of Sport Psychology
- *c. Association for Applied Sport Psychology
- d. American Psychological Association Division 47
- e. Applied Sport Psychology Society

7. Chapter 1 Quiz 7

Which of these researchers was NOT prominent during period 1 (1895-1920)?

- a. E.W. Scripture
- b. G.T. Patrick
- c. Norman Triplett
- d. R. Cummins
- *e. Ed McAuley

8. Chapter 1 Quiz 8

Which Russian sport psychologist, employing a worldview of sport psychology, focused on psychological preparation for athletic competition in the same time period as Coleman Griffith?

- *a. Puni
- b. Safin
- c. Andreev
- d. Kirielenko
- e. Youzeny

9. Chapter 1 Quiz 9

Who was the first woman to practice sport psychology and conduct research in this area as well as develop the relaxation-set method to help a boxing team?

- a. Mary Jo McCracken
- b. Dorothy Harris
- *c. Dorothy Yates
- d. Jean Williams
- e. Tara Scanlan

10. Chapter 1 Quiz10

Which new criterion is now in place if a person wants to become certified in applied sport psychology by the Association for Applied Sport Psychology?

- a. take a course in ethics in applied sport psychology
- b. have 400 hours of mentored experience
- c. take 3 courses in sport psychology
- *d. pass a certification exam
- e. complete 36 graduate hours in a sport psychology program

11. Chapter 2 Quiz

Scientifically derived knowledge has some limitations, including that it

- a. is reductionist
- b. is very fast to evolve
- c. tends to be conservative
- d. all of these
- *e. a and c

12. Chapter 2 Quiz 2

Which of these is seen as a major growth area in the field of sport psychology in the upcoming years?

- a. exercise psychology
- b. life skills development
- c. personality
- d. all of these
- *e. a and b

13. Chapter 2 Quiz 3

Zajonc's social facilitation theory predicts that

- *a. performance on well-learned tasks is facilitated by an audience
- b. performance on novel tasks is facilitated by an audience
- c. performance on well-learned tasks is hindered by an audience
- d. performance is not affected by an audience
- e. performance is improved on both novel and well-learned tasks performed in front of an audience

14. Chapter 2 Quiz 4

The limitations of professional practice knowledge include its

- a. susceptibility to biasing influences
- b. high internal validity
- c. lack of explanations
- d. a and b
- *e. a and c

15. Chapter 2 Quiz 5

The RE-AIM program outlined five factors that interact to influence knowledge transfer. Which of these is NOT one of these factors?

- a. reach
- b. adoption
- c. maintenance
- *d. reorganize
- e. efficacy

16. Chapter 2 Quiz 6

Kurt Lewin's famous quote "there is nothing more practical than a good theory" is consistent with which of these statements?

- *a. Evidence-based principles should guide practice.
- b. Theories should be based on practice.
- c. Practice makes perfect.
- d. Perfect practice makes perfect.
- e. None of these are consistent.

17. Chapter 2 Quiz 7

The strength of professional practice knowledge is its

- a. holistic nature
- b. innovative contribution
- c. scientific validity and reliability
- *d. a and b
- e. a and c

18. Chapter 2 Quiz 8

The least reliable method of acquiring knowledge is

- a. introspection
- *b. intuition
- c. shared experience
- d. a single case study
- e. systematic observation

19. Chapter 2 Quiz 9

Scientific research is NOT

- a. controlled
- b. systematic
- c. empirical
- d. critical
- *e. infallible

20. Chapter 2 Quiz10

Which of these is NOT a general ethical principle outlined by the American Psychological Association?

- a. social responsibility
- b. integrity
- c. professional and scientific responsibility
- *d. individualization
- e. competence

21. Chapter 3 Quiz

In a case study of an individual with cerebral palsy, Gaskin and colleagues (2010) argued that unconscious motives and unresolved childhood conflicts were a key to understanding the child's present behavior. This is indicative of which approach to personality?

- *a. psychodynamic
- b. cognitive-affective
- c. dispositional-state
- d. dispositional
- e. cognitive-behavioral

22. Chapter 3 Quiz 2

The phenomenological approach to personality is consistent with the interactional approach except that the phenomenological approach focuses on

- *a. the individual's interpretation of the situation and herself
- b. the traits of an individual
- c. the situation a person is dealing with at the time
- d. the behavior of the individual
- e. the outcome of the behavior

23. Chapter 3 Quiz 3

Taking an intraindividual approach to psychological testing means that

- a. individuals are compared to population norms
- *b. individuals are compared with how they usually score on a particular psychological inventory
- c. individuals are compared to norms for their age and gender
- d. individuals are compared based on objective and subjective assessments
- e. individuals are compared to their cohort group

24. Chapter 3 Quiz 4

The interactional approach assumes that

- a. situational and personal variables are codeterminants of behavior
- b. personality interacts with the psychological core to determine behavior

- c. highly aggressive people, for example, will usually react in an aggressive manner when placed in an aggressive situation
- *d. a and c
- e. a and b

25. Chapter 3 Quiz 5

The most superficial, and therefore most easily changed, part of a personality structure is its

- a. psychological core
- *b. role-related behavior
- c. typical responses
- d. belief system
- e. none of these

26. Chapter 3 Quiz 6

Some recent research has revealed personality differences among athletes and nonathletes. These include athletes being

- a. less anxious and more aggressive than nonathletes
- *b. more extraverted and conscientious and less neurotic than nonathletes
- c. more perfectionistic and less anxious than nonathletes
- d. more aggressive and more anxious than nonathletes
- e. more extraverted, less anxious, and more perfectionistic than nonathletes

27. Chapter 3 Quiz 7

The Big 5 model of personality is important because these five characteristics

- a. represent a cognitive approach to personality
- b. are consistent with a behavioral approach to personality
- *c. have been found to exist across individuals
- d. represent a state approach to personality
- e. are consistent with Morgan's mental health model

28. Chapter 3 Quiz 8

Which of these is important when administering psychological inventories?

- a. knowledge of testing principles and measurement error
- b. sensitivity to one's own limitations
- c. using psychological tests for optimal team selection
- *d. a and b
- e. a and c

29. Chapter 3 Quiz 9

Which of these statements about exercise and personality is true?

- *a. There is a positive relationship between exercise and self-concept.
- b. Exercise has been related consistently to changes from type A behavior to type B behavior.
- c. Exercise participation is highly correlated with anxiety.
- d. a and b
- e. a and c

30. Chapter 3 Quiz10

Maladaptive perfectionism focuses on high standards accompanied by

- a. high levels of anxiety
- *b. a concern over mistakes and evaluation by others
- c. a focus on negative self-talk
- d. high levels of neuroticism
- e. low levels of confidence

31. Chapter 4 Quiz

Achievement motivation can best be viewed as

- a. a situational factor
- *b. a personality factor
- c. an interactional factor
- d. an attributional factor
- e. an unstable factor

32. Chapter 4 Quiz 2

Advances in technology have started to use exergames to increase physical activity. Exergames are

- a. games involving high risk
- b. games involving high skill level
- *c. video games that require participants to physically interact with the game
- d. video games that last at least 30 minutes
- e. computer games requiring cognitive processing and executive functioning

33. Chapter 4 Quiz 3

Research indicates interesting cross-cultural differences in motives for participation. Which of these is FALSE?

- a. U.S. youngsters are more intrinsically motivated than Korean youngsters.
- b. Participants in Asian countries are more interdependent, whereas North Americans are more independent.
- c. American youngsters are more motivated by competition, while Chinese youngsters are more motivated by social affiliation.
- d. Chinese Americans are primarily motivated by travel and having fun.