Sport Exercise and Performance Psychology Bridging Theory and Application 1st edition Robbins Test Bank

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Test Bank for

SPORT, EXERCISE, AND PERFORMANCE PSYCHOLOGY:

BRIDGING THEORY AND APPLICATION

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CHAPTER 1 TEST BANK

1. AASP stands for
   a. American Association of Sport Psychology
   b. Association for Applied Sport Psychology
   c. Association of Advancement of Sport Psychology
   d. Asian American Studies Program

   Answer: b

2. What is the APA division associated with Exercise and Sport Psychology?
   a. 35
   b. 27
   c. 47
   d. 45

   Answer: c

3. What does NASPSPA stand for?
   a. National Association of Sport Psychology Society and Physical Activity
   b. North American Society for the Psychology of Sport and Physical Activity
   c. National Association of School Psychologists of Sport and Physical Activity
   d. North American Sport Psychology Specialists in Physical Activity

   Answer: b

4. What is the term used when research findings and conclusions can be extended to the population at large?
   a. Evidence based practice
   b. Sampling
   c. Generalizability
   d. Recruiting

   Answer: c

5. What does the methodology section of a research paper include?
   a. Sample, procedure, measures, type of analyses
   b. Sample, measures, results, discussion
   c. Procedure, measures, results, discussion
   d. Procedure, measures, introduction, discussion

   Answer: a

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6. What is a control group?
   a. A group that is tested at baseline and post intervention, and participates in the intervention
   b. A group that is tested at baseline and post intervention, but is not involved in the intervention
   c. A group that blindly listens to what the experimenter tells them to do and is easily manipulated
   d. A group that knows the outcome of the study

   Answer: b

7. What is the primary focus of sport and exercise psychology?
   a. Physiology, anatomy, biomechanics
   b. Athletes, coaches, athletic trainers
   c. Physics, business, performing arts
   d. Thoughts, moods, emotions

   Answer: d

8. What are examples of psychological skills?
   a. Goal setting, arousal control, imagery
   b. Leadership, team cohesion, diversity
   c. Headspace, mind reading, decision making
   d. Schizophrenia, identity disorder, major depression

   Answer: a

9. If someone has CC-AASP after their name, what credentials do they have?
   a. Cool Classy Awesome Artistic Sport Psychologists
   b. Certified Consultant in Applying Aspects of Sport Psychology
   c. Certified Consultant in Acquiring Attainable Sport Psychology
   d. Certified Consultant-Association for Applied Sport Psychology

   Answer: d

10. From the list below, select the FALSE statement about Dorothy Harris.
   a. She was the first woman President of NASPSPA
   b. She was a prominent researcher in the field of sport psychology from 1960's through 1980's
   c. She was the coeditor of the Directory of Graduate Programs in Applied Sport Psychology
   d. She initiated the first graduate sport psychology specialization

   Answer: c

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11. Who founded AASP?
    a. Dr. Dorothy Harris
    b. Dr. John Silva
    c. Dr. Diane Gill
    d. Dr. Michael Sachs

    Answer: b

12. In which year was AASP founded?
    a. 1982
    b. 1985
    c. 1986
    d. 1990

    Answer: c

13. Why is research important in any and all areas of study?
    a. It provides us with existing findings
    b. Research findings are the basis for any practical application of that knowledge
    c. It helps us see what we do not yet know
    d. Research provides all of the above benefits

    Answer: d

14. What did Dr. Sach's career trajectory teach you?
    a. When you set a goal you always reach it
    b. Sport psychology was not a useful field for him to study
    c. Experimental psychology is an essential prerequisite for a career in sport and exercise psychology
    d. Sometimes we do not get the outcome we want on the first attempt, so we must be mentally tough and cope with rejection

    Answer: d

15. What is the sport, exercise, and performance psychology principle for the introductory chapter of your textbook?
    a. You will find success if you accept new challenges, see obstacles as stepping stones, and take personal responsibility to persist through difficulties
    b. Life is like a box of chocolates, you never know what you're going to get
    c. To succeed you must push through the pain and roll over those who get in your way
    d. Small steps lead to big success if you have the talent to back it up

    Answer: a

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CHAPTER 2 TEST BANK

1. What is the best definition for empirical data?
   a. Knowledge or information collected through research
   b. Knowledge or information collected through practice
   c. Knowledge or information collected through Wikipedia
   d. Knowledge or information collected through both research and practice

   Answer: d

2. What do those who believe in the hereditary perspective regarding talent say?
   a. We are born with certain abilities and traits which predispose us for success
   b. We are born with certain abilities, but practice is what turn them into capabilities
   c. We are reinforced by others to be successful
   d. It is a mixture of both learned and innate qualities which makes us successful

   Answer: a

3. Dr. Ericsson believes one variable is most essential in developing talent. What is that variable?
   a. The skill set of your parents
   b. Genes
   c. Practice
   d. The skill level of your instructor or coach

   Answer: c

4. A meta-analysis is
   a. An article that reports the methods and results of an original study performed by the authors
   b. An article that is written about other articles, and does not report original research of its own.
   c. A technique researchers use to study a topic, where they replicate existing studies
   d. A technique researchers use to study a topic, where they combine existing results and reanalyze them together

   Answer: d

5. Select the best example of a retrospective report
   a. Asking participants to recall information based on past experiences
   b. Designing a report based on the researcher's point of view only
   c. Asking participants to consider what they may do in the situation
   d. Using inferences to write a report about a current situation

   Answer: a

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6. Select the option that best describes a correlation
    a. A correlation is represented with values higher than 1.0
    b. A correlation only describes when two things are positively related
    c. A correlation explains the relationship between two or more variables
    d. A correlation is when one thing causes another

    Answer: c

7. Plagiarism is
    a. A disease one can get when assigned too much homework
    b. Using others' words as your own by not citing them in your work
    c. Giving credit to the source where you found your information
    d. Something you can get extra credit for in class

    Answer: b

8. Which of the following requires a citation?
    a. When you explain the findings of other's research in a paper for class
    b. When you write an original story
    c. When you write an answer to a direct question on a test
    d. When you write a story about your own experiences
    e. All of the above

    Answer: a

9. What does the Differentiated Model of Giftedness and Talent (DMGT) explain?
    a. The process from biological gift to realized talent
    b. How children must be born with talent to succeed
    c. That gifts are the sole reason for athlete and student success
    d. The process teachers take in teaching others how to learn

    Answer: a

10. According to the DMGT, how do gifts and talent differ? Select the Incorrect statement
    a. Talent is the mastery of systematically developed competencies
    b. It starts with gifts and ends with talent
    c. Talents are innate whereas gifts are developed
    d. Gifts are untrained natural abilities

    Answer: c

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11. Which of the following is NOT a part of DMGT?
    a. Innate traits
    b. External influences
    c. Psychological variables
    d. Chance
    e. All are part of the model

    Answer: e

12. What are some common errors that lead to the dissemination of misinformation in our society?
    a. When researchers only report partial information that supports their perspective in a paper
    b. Using sites like Wikipedia as a source for "factual" information
    c. Believing that information stated in one source represents all information on that topic
    d. All of the above

    Answer: d

13. Which of the following is a reason why talent identification is so difficult?
    a. Because we are not typically allowed to watch children practice
    b. Because a talented child may have every physical predisposition to be successful but lack the motivation to try
    c. Because everyone develops at the same speed
    d. People are not overly concerned with talent identification. Our society is more concerned with personal growth and happiness

    Answer: b

14. Which of the following best explains why talent is truly a result of both nature and nurture
    a. Parental genes contribute over 90% of our ultimate talent and then they push us to achieve with the last 10%
    b. The research shows that although genetics impact strength, they have less impact on skill development
    c. Practice, coaching, and personal motivation contribute more than 90% to our talent development, while genetics only explains the last 10%
    d. Research findings are mixed in response to which plays a larger role, as some innately talented individuals fail as a result of motivation, whereas those who want it most may lack the genetics to reach the highest levels
    e. These are all true

    Answer: d

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15. What is the sport, exercise, and performance psychology principle for the theoretical chapter on biological and social influences?

    a. You will find success if you accept new challenges, see obstacles as stepping stones, and take personal responsibility to persist through difficulties

    b. Abilities, gifts, or talents unpracticed will not yield long-term gains or success

    c. Train for 10,000 hours and you too will become an expert

    d. Understand biological and social influences to master performance

    Answer: b

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