Applied Sport Psychology 8th edition Williams Test Bank

SKU: 9781259922398-TEST-BANK

Applied Sport Psychology 8th Edition by Williams CH01

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) The pioneering efforts of Coleman Griffith and Dorothy Yates failed to foster any followers so no recognizable sport psychology discipline emerged in the 1930s and 1940s.

1) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

2) The scientific foundation of sport psychology emerged primarily during the last 75 years.

2) _____

- ◎ true
- ◎ false

Question Details
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3) One of the purposes of the Association for Applied Sport Psychology is to promote applied research in the areas of social, health, and performance enhancement psychology.

3) _____

- ◎ true
- ◎ false

Question Details
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4) A primary goal of the 1970's was to gain acceptance for the field of sport psychology by advancing the knowledge base through experimental research.

4) _____

- ◎ true
- ◎ false

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Question Details
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5) A lot of opportunities existed in the 1990s for full-time consulting opportunities in sport psychology, making full-time performance enhancement consulting a viable career field.

5) _____

- ◎ true
- ◎ false

Question Details
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6) Part of the growth in exercise psychology within the academic community has occurred because of growth in external grant opportunities.

6) _____

- ◎ true
- ◎ false

Question Details
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7) Self-regulation training refers to voluntarily controlling such bodily functions as heart rate, temperature, and muscle tension, as well as emotional reactions to stressful situations.

7) _____

- ◎ true
- ◎ false

Question Details
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8) Applied sport psychology can be used by physical education teachers, fitness trainers, and athletic trainers.

8) _____

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◎ true
◎ false

Question Details
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9) The academic job market in sport psychology showed considerable growth throughout the 1990s.

9) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

10) A supervised practicum with a qualified professional mentor is one of the criteria for becoming an AASP certified.

10) _____

◎ true
◎ false

Question Details
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11) It was not until 2010 that one of the first attempts at identifying the gap in knowledge that overlooked the contributions of women in the field of sport and exercise psychology occurred.

11) _____

◎ true
◎ false

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MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

12) Sport psychologists study all the following EXCEPT:

12) _____

A) motivation
B) violence
C) group dynamics
D) thoughts and feelings of athletes
E) Freudian theories

Question Details
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13) _____ focuses on psychological theories and interventions that can be used to enhance performance, participation, and personal growth.

13) _____

A) Social psychology
B) Bio-behavioral psychology
C) Applied sport psychology
D) Developmental psychology

Question Details
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14) One general goal of sport psychology interventions is to:

14) _____

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A) investigate deep issues and past memories that shape the athlete's personality
B) develop the ideal mental climate to allow athlete to perform best
C) gain all information about physical abilities of athletes and apply it
D) confront the athlete about an issue in a group setting with teammates involved

Question Details
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15) Considered the grandfather of sport psychology in North America, this former University of Illinois professor wrote two books, Psychology of Coaching (1926) and Psychology of Athletes (1928):

15) _____

A) Bruce Ogilvie
B) Ferruccio Antonelli
C) John Watson
D) Coleman Griffith

Question Details
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16) The 1960s era of Sport Psychology was known for:

16) _____

A) first attempt to form professional organizations of sport psychology
B) acceptance of sport psychology as a separate subdiscipline within kinesiology
C) its failure to have any individuals doing applied work with teams
D) all of these

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17) _____ considers person and environmental variables and their potential interaction.

17) _____

A) Humanistic theory
B) Cognitive psychology
C) Interactionism paradigm
D) Person-environmental relations

Question Details
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18) Exercise and health psychology deals with:

18) _____

A) psychological effects of over-training
B) factors influencing exercise participation
C) injury and injury rehabilitation
D) all of these answers are correct

Question Details
Accessibility : Keyboard Navigation

19) Which of the following did not occur during the 1980's era in sport psychology?

19) _____

A) formation of Association for the Advancement of Applied Sport Psychology (AASP)
B) formation of American Psychological Association (APA) Division 47
C) increased use of sport psychology within USOC
D) formation of International Society of Sport Psychology (ISSP)

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Question Details
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20) Which of the following historical moments occurred in the field of applied sport psychology?

20) _____

A) Deborah Feltz and Dan Landers published the first meta-analysis in the field, examining the ways in which mental practice influences performance.
B) Jean Williams served as the first female president of AASP in 1993.
C) Dorothy Harris started the first known graduate sport psychology specialization in 1966.
D) all of these accomplishments are accurate.

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21) Which of the following is not a future need or expectation for the field of sport psychology?

21) _____

A) more inclusive and diverse research questions and methods
B) more career opportunities for individuals trained in sport psychology
C) more specialization in the training of future sport psychologists
D) re-examination of the standards set for ethical behavior in the field

Question Details
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22) Which era was known for making considerable progress regarding professional issues in applied sport psychology?

22) _____

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A) 1960s
B) 1970s
C) 1980s
D) 1990s - 2000s

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Answer Key

Test name: CH01

1) TRUE
2) FALSE
3) TRUE
4) TRUE
5) FALSE
6) TRUE
7) TRUE
8) TRUE
9) TRUE
10) TRUE
11) TRUE
12) E
13) C
14) B
15) D
16) A
17) C
18) D
19) D
20) D
21) D
22) D

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