Foundations of Physical Education Exercise Science and Sport 21st edition Wuest Test Bank

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Foundations of Physical Education, Exercise Science, and Sport Author: Wuest Edition: 21e

CORRECT ANSWERS ARE LOCATED IN THE 2ND HALF OF THIS DOC.

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

1) Philosophy is a system of values by which one lives and works.
   - ◎ true
   - ◎ false

2) According to the philosophy of pragmatism, ideals or realities are the basis of truth.
   - ◎ true
   - ◎ false

3) John Dewey, an American philosopher, viewed educational activities as contributing only to the development of the mind, not the total person.
   - ◎ true
   - ◎ false

4) The acquisition of knowledge and the development of intellectual skills are the focus of the affective domain.
   - ◎ true
   - ◎ false

5) Taxonomies serve as a guide for professionals in planning for learning outcomes and achievement of the desired goals.
   - ◎ true
   - ◎ false

6) Assessment is the process of gathering information to learn what participants know and are able to do, in order to determine their progress toward achievement of goals and objectives.
   - ◎ true
   - ◎ false

7) Monism is the belief that the mind and the body are separate entities.
   - ◎ true
   - ◎ false

8) Some of the main purposes of assessment are diagnosis, placement, monitoring of progress, determination of achievement, and evaluation of instructor effectiveness.
   - ◎ true
   - ◎ false

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9) Goals primarily state short-term outcomes to be achieved by participants in a physical education program.
   - ◎ true
   - ◎ false

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

10) _____ is the branch of philosophy that focuses on the examination of ideas in an orderly and systematic way.
   - A) Logic
   - B) Metaphysics
   - C) Epistemology
   - D) Axiology

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11) An exercise physiologist who carefully evaluates scientific evidence to understand the contribution of different types of physical activity to health believes in the philosophy of
    A) idealism.
    B) humanism.
    C) pragmatism.
    D) realism.

12) _____ is a philosophy that emphasizes the use of the scientific method to arrive at the truth.
    A) Idealism
    B) Realism
    C) Pragmatism
    D) Naturalism

13) _____ is the systematic and reflective study of the truth, meanings, and actions of sport.
    A) Exercise physiology
    B) Modern philosophy
    C) Sport philosophy
    D) Sport sociology

14) In the context of physical education, the_____ domain of learning includes the promotion of values, the fostering of social skills, and the enhancement of emotional development.
    A) affective
    B) psychomotor
    C) biological
    D) cognitive

15) _____ are statements of purposes, intents, and aims that reflect desired accomplishments.
    A) Directives
    B) Mission statements
    C) Objectives
    D) Goals

16) In the context of learning domains in physical education, exercise science, and sport, under which of the following domains can learning the different strategies used to score a goal in football be categorized?
    A) the affective domain
    B) the cognitive domain
    C) the psychomotor domain
    D) the social domain

17) In the context of learning domains in physical education, exercise science, and sport, during a basketball game, helping an opposing player get up off the floor after a charging foul is an action related to the_____ domain.
    A) affective
    B) cognitive
    C) psychomotor
    D) psychodynamic

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18) Which of the following objectives of physical education, exercise science, and sport is fulfilled when a participant demonstrates the proper technique in executing a tennis forehand?
   A) the physical fitness development objective
   B) the affective development objective
   C) the cognitive development objective
   D) the motor skill development objective

19) In the context of learning domains in physical education, exercise science, and sport, which of the following learning domains is concerned with the promotion of a positive self-concept and the enhancement of feelings of self-worth and self-respect?
   A) the affective/social domain
   B) the cognitive domain
   C) the physical fitness domain
   D) the psychomotor domain

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

20) Compare the characteristics of physical education, exercise science, and sport programs guided by each of the major philosophies: idealism, realism, pragmatism, naturalism, existentialism, and humanism.

21) Explain the purposes and the significance of assessment in physical education, exercise science, and sport.

22) In the context of the mind-body relationship, briefly explain the concepts of dualism and monism.

23) Define and describe the cognitive, affective, and psychomotor domains of learning. Provide two examples of each, explaining how they can be put into practice.

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Answer Key

Test name: CH02

1) TRUE
2) FALSE
3) FALSE
4) FALSE
5) TRUE
6) TRUE
7) FALSE
8) TRUE
9) FALSE
10) A
11) D
12) B
13) C
14) A
15) D
16) B
17) A
18) D
19) A
20) Short Answer
Answers will vary.

21) Short Answer
Answers will vary.

22) Short Answer
Answers will vary.

23) Short Answer
Answers will vary.

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