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

SKU: 9781492561149-TEST-BANK

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

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

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?

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

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

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

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

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

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

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

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?

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

*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.

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