

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

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

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

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

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

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

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

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