

CHAPTER 1 TEST BANK

Multiple Choice

1. Increasing team cohesion, avoiding distractions, and creating and sticking to clear mental and physical plans are all helpful:
 - a. Psychological skills
 - b. Biological traits
 - c. Physical skills
 - d. Instincts

2

2. Examining how participation in sports can shape development and well-being is part of the field of:
 - a. Sport psychology
 - b. Cognitive psychology
 - c. Developmental psychology
 - d. Social psychology

2

3. When might a sport psychologist be used by a group of athletes?
 - a. All of the above
 - b. When the athletes are under intense pressure
 - c. When the athletes need assistance communicating with one another
 - d. When athletes need help maintaining motivation

2-3

4. A sport psychologist who provides basic mental health care would be which of the following types of sport psychologist?
 - a. Therapist/Clinical psychologist
 - b. Researcher
 - c. Teacher
 - d. Consultant

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5. Who is considered the father of American sport psychology?
 - a. Coleman Griffith
 - b. Norman Triplett
 - c. Warren Johnson
 - d. Franklin M. Henry

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6. Who started the first graduate sport psychology specialization?
 - a. Dorothy Harris
 - b. Coleman Griffith
 - c. Avksenty Cezarevich Puni

- d. Pierre de Coubertin

8

- 7. Sport psychology was most academic in focus during which phase?
 - a. The early years
 - b. The contemporary years
 - c. The formative years
 - d. All of the above

7-8

- 8. Which of the following is an advantage of descriptive research?
 - a. It is often cost-efficient and provides richly-detailed information
 - b. The results can be generalized to other people in other situations
 - c. Can be used to show how one variable causes another
 - d. None of the above

14

- 9. If a researcher wants to study why a team is struggling with communication and cohesion, which method will be most helpful?
 - a. Naturalistic observation
 - b. Meta-analysis
 - c. Archival research
 - d. None of the above

13

- 10. Which of the following occurred during the formative years of sport psychology?
 - a. The formation of the International Society of Sport Psychology
 - b. Norman Triplett studied children winding string
 - c. Soviet Union professors Puni and Roudik established sport psychology laboratories
 - d. The U.S. Olympic Committee developed a Sport Psychology Advisory Board

8

- 11. Sport psychology research may be done by researchers in which related field?
 - a. All of the above
 - b. Social psychology
 - c. Cognitive psychology
 - d. Personality psychology

10

- 12. What is the major difference between descriptive and experimental research?
 - a. The manipulation of variables
 - b. The formation of a hypothesis
 - c. The collection and analysis of data
 - d. The development of a theory

14-15

13. A meta-analysis is used when a researcher wants to accomplish which of the following?
- a. Combine data that has already been collected
 - b. Measure behavior in everyday situations
 - c. Survey a large number of individuals over the phone
 - d. Control for extraneous variables

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14. A researcher wants to know if the temperature in the room will affect number of baskets made by basketball players. What would be the independent variable in this scenario?
- a. The temperature of the room
 - b. The number of baskets made
 - c. The gender of the basketball players
 - d. The size of the room

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15. A researcher does an experiment which measures the effect of fluid intake on heart rate while running. What is the dependent variable in this experiment?
- a. Heart rate
 - b. The amount of fluid intake
 - c. The average speed of the runner
 - d. How the runner reports feeling after finishing the run

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16. Which of the following is a characteristic of experimental, but not descriptive, research methods?
- a. The use of random assignment
 - b. The use of naturalistic observation
 - c. The formation of a hypothesis
 - d. The use of case studies and focus groups

15

17. Which of the following is a characteristic of experimental, but not descriptive, research methods?
- a. The manipulation of variables
 - b. The analyzation of data
 - c. The development of a theory
 - d. The collection of data

15

18. Which of the following is a characteristic of qualitative, but not experimental, research methods?
- a. Not using quantifiable numbers
 - b. The manipulation of variables
 - c. The use of random assignment

- d. The use of a control group

13-14

19. Which of the following must be true in order for a sport psychologist to treat an athlete with a psychological disorder?
- a. The sport psychologist must have a license to practice
 - b. The sport psychologist must have experience working with athletic teams
 - c. The sport psychologist must be a faculty member at a university
 - d. The sport psychologist must have published at least one research paper

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20. Sport psychologists must not only have knowledge of both sports and psychology, but must also be:
- a. All of the above
 - b. Empathetic
 - c. Flexible
 - d. Trustworthy

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21. What did Norman Triplett observe when he asked children to wind a string as fast as they could while alone and also in the presence of other children?
- a. The children wound the string faster when they were in the presence of other children
 - b. The children wound the string faster when they were alone
 - c. The children found the task too difficult to complete
 - d. Only a few of the children were affected by the presence of other children

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22. Why is Dorothy Yates an important figure in sport psychology?
- a. She was the first woman to study sport psychology
 - b. She was the first woman to be hired to consult with an athletic team
 - c. She was the first sport psychologist to study minority athletes
 - d. She was the founder of the U.S. Olympic Sport Psychology Advisory Board

8

23. What does fMRI show happening in the brain when swimmers watch a video of a poor performance in one of their own races?
- a. Their brains show increased activity in the emotional areas, and decreased activity in the planning and motor areas
 - b. Their brains show increased activity in the emotional, planning, and motor areas
 - c. Their brains show decreased activity in the emotional area, and increased activity in the planning and motor areas
 - d. Their brains show decreased activity in the emotional, planning, and motor areas

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24. Which is the proper procedure for testing a research idea?

- a. Form a hypothesis, choose a method, collect and analyze data, develop a theory
- b. Develop a theory, choose a research method, form a hypothesis, collect and analyze data
- c. Collect and analyze data, form a hypothesis, choose a research method, develop a theory
- d. Choose a research method, develop a theory, form a hypothesis, collect and analyze data

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25. During which phase of the research process does a researcher decide how they will measure the variable they want to test?
- a. Choosing a research method
 - b. Forming a hypothesis
 - c. Developing a theory
 - d. Collecting and analyzing data

11-12

26. Which of the following is NOT a descriptive research method?
- a. Quasi-experiment
 - b. Case study
 - c. Survey
 - d. Meta-analysis

12-14

27. Naturalistic observation studies are designed to be high in:
- a. Ecological validity
 - b. External validity
 - c. Internal validity
 - d. All of the above

13

28. A sport psychologist wants to conduct a new study on how average male and female children respond to losing a soccer game. Which research design is the most appropriate, considering ethical and practical concerns?
- a. Survey
 - b. Meta-analysis
 - c. Experiment
 - d. Case Study

13

Multiple Choice Answer Key

1. Psychological skills
2. Sport psychology
3. All of the above
4. Therapist/Clinical psychologist
5. Coleman Griffith
6. Dorothy Harris
7. The early years
8. It is often cost-efficient and provides richly-detailed information
9. Naturalistic observation
10. The formation of the International Society of Sport Psychology
11. All of the above
12. The manipulation of variables
13. Combine data that has already been collected
14. The temperature of the room
15. Heart rate
16. The use of random assignment
17. The manipulation of variables
18. Not using quantifiable numbers
19. The sport psychologist must have a license to practice
20. All of the above
21. The children wound the string faster when they were in the presence of other children
22. She was the first woman to study sport psychology
23. Their brains show increased activity in the emotional areas, and decreased activity in the planning and motor areas
24. Form a hypothesis, choose a method, collect and analyze data, develop a theory
25. Choosing a research method
26. Quasi-experiment
27. Ecological validity
28. Survey

True/False

1. Sport psychology is only helpful to elite or professional athletes.
2. Sport psychologists only research ways to improve athletic performance.
3. Educational sport psychology specialists are not allowed to treat athletes with a psychological disorder.
4. The purpose of a focus group is to study how a small number of people behave in a controlled environment while manipulating an independent variable.
5. Much of the past research done on athletes and their performance has been done on white males.
6. In order to achieve external validity, researchers need to perform their experiments in a laboratory setting.
7. Forming a hypothesis is the final step in the experimental process.
8. Quasi-experiments are descriptive experiments that use random assignment.

9. Experiments performed in a natural setting where the athletes feel comfortable and can be themselves will result in higher levels of ecological validity.
10. Experimental methods typically have higher internal validity than descriptive methods.
11. Surveys and interviews suffer from inaccurate reporting among those surveyed and interviewed.
12. An athlete may see a sport psychologist in order to combat a tendency to "choke" under pressure.
13. After forming a hypothesis, a researcher must next choose a research method for testing the question.
14. Observing and collecting data on athletes in a natural setting is more likely to be done using descriptive methods.
15. One of the limitations of experimental methods is that the findings cannot explain or predict behavior.

True/False Answers

1. FALSE
2. FALSE
3. TRUE
4. FALSE
5. TRUE
6. FALSE
7. FALSE
8. FALSE
9. TRUE
10. TRUE
11. TRUE
12. TRUE
13. TRUE
14. TRUE
15. FALSE

Critical Thinking Questions

1. What are two ways that sport psychology is similar to other branches of psychology (e.g., social psychology)? What are two ways that sport psychology is different from other branches of psychology?
2. Why don't sport psychologists always use experiments? Give an example in which an experiment would not be possible and describe an alternative research design.
3. What is the difference between external validity and ecological validity? Can an experiment have one without the other? Why or why not?
4. Does a sport psychologist have an ethical responsibility to report recruiting violations to the proper authorities? What about allegations of hazing? Why or why not?
5. What are two benefits of conducting an experiment in the lab? Give two reasons why results from lab studies may not generalize to professional athletes.