

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

- 1) The need to bridge the gap between research evidence and professional practice in sport psychology and to provide useful information for practitioners, such as physical educators, coaches, and fitness specialists, is an example of which probable future trend of sport psychology over the next 20 years? 1) _____
- A) Interdepartmental collaboration in teaching, research, and practice
 - B) Increased research and teaching opportunities
 - C) Knowledge translation
 - D) Increased specialization and diversification
 - E) Ethics and competencies
- 2) Regulatory bodies are likely to become more diligent in monitoring the use of the title sport psychologist as well as the practices of sport psychology consultants. This is an example of which probable future trend of sport psychology over the next 20 years? 2) _____
- A) Ethics and competencies
 - B) Tension between academic and applied sport psychology
 - C) Interdepartmental collaboration in teaching, research, and practice
 - D) Increased research and teaching opportunities
 - E) Increased specialization and diversification
- 3) Most sport and exercise specialists in Canada are employed 3) _____
- A) in professional sport or national sport organizations.
 - B) in private practice.
 - C) in universities and/or colleges.
 - D) in mental institutions.
 - E) in university athletic programs.
- 4) National and provincial sport organizations that do not have the resources to pay for continuous applied sport psychology services exemplify which probable future trend of sport psychology over the next 20 years? 4) _____
- A) Increased demands for training and clinical psychology
 - B) Increased research and teaching opportunities
 - C) Limited opportunities in applied sport psychology
 - D) Increased specialization and diversification
 - E) Interdepartmental collaboration in teaching, research and practice
- 5) The continued expansion of sport and exercise psychology principles in clinical settings in the study and treatment of cancer, stroke, and spinal cord injuries are examples of which probable future trend of sport psychology over the next 20 years? 5) _____
- A) Increased research and teaching opportunities
 - B) Knowledge translation
 - C) Increased demands for training and clinical psychology
 - D) Interdepartmental collaboration in teaching, research, and practice
 - E) Increased specialization and diversification

- 6) Where was the First World Congress of Sport Psychology held in 1965? 6) _____
 A) Britain B) Japan C) Italy D) Australia E) Germany
- 7) Which of the following are trends and/or issues that will dominate the advancement of sport psychology over the next 20 years? 7) _____
 A) Increased specialization and diversification
 B) Knowledge translation
 C) Limited opportunities in applied sport psychology
 D) Tension between academic and applied sport psychology
 E) All of the above
- 8) The *International Society of Sport Psychology* sponsored the first scholarly sport psychology journal. What is it called? 8) _____
 A) *The Sport Psychologist*
 B) *The International Journal of Sport and Exercise Psychology*
 C) *The Journal of Sport and Exercise Psychology*
 D) *Psychology of Sport and Exercise*
 E) *The Journal of Applied Sport Psychology*
- 9) Which country boasted one of the first sport psychology programs that was integrated with other sport science programs? 9) _____
 A) Soviet Union
 B) Australia
 C) United Kingdom
 D) Japan
 E) United States
- 10) This Canadian is widely recognized as the world expert on team cohesion and group dynamics in sport and exercise. 10) _____
 A) Dr. Rick Alderman
 B) Dr. Terry Orlick
 C) Dr. Albert Carron
 D) Dr. Len Wankel
 E) Dr. Cal Botterill
- 11) The largest organization devoted to the promotion of applied sport (and exercise) psychology is the _____. 11) _____
 A) International Society of Sport Psychology
 B) Association for Applied Sport Psychology
 C) North American Society for the Psychology of Sport and Physical Activity
 D) European Federation of Sport Psychology
 E) Canadian Society for Psychomotor Learning and Sport Psychology
- 12) Along with Dr. Albert Carron, _____ could be considered one of the modern parents of sport psychology in Canada. 12) _____
 A) Dr. Len Wankel
 B) Dr. John Salmela
 C) Dr. Peter Klavora
 D) Dr. Terry Orlick
 E) Dr. Rick Alderman

- 13) The first Ph.D. program in sport psychology was developed at which university? 13) _____
 A) Universite de Montreal
 B) University of Western Ontario
 C) University of Ottawa
 D) University of Winnipeg
 E) University of Alberta
- 14) Which one of the following graduates of Dr. Franklin Henry's laboratory at the University of California became a prominent sport psychology researcher in Canada? 14) _____
 A) Dr. Albert Carron
 B) Dr. Coleman Griffith
 C) Dr. Cal Botterill
 D) Dr. Thomas Tutko
 E) Dr. Bruce Ogilvie
- 15) Sport psychology consultants who refuse to provide information about an athlete's mental health to a coach is upholding which principles of the Canadian Psychological Association's Ethics Code? 15) _____
 A) Respect for a dignity of the person B) Responsible caring
 C) Integrity in relationships D) Responsibility to society
- 16) A consultant who believes he has discovered something important but withholds this information for other professions is violating which principle of the Canadian Psychological Association's Ethics Code? 16) _____
 A) Responsibility to society B) Integrity in relationships
 C) Responsible caring D) Respect for a dignity of the person
- 17) A sport psychology consultant who decides to have a personal relationship with an athlete after a professional relationship has ended is violating which principle of the Canadian Psychological Association's Ethics Code? 17) _____
 A) Responsible caring B) Responsibility to society
 C) Respect for a dignity of the person D) Integrity in relationships
- 18) A sport psychology consultant who has no clinical training and doesn't refer an athlete with an eating disorder to someone who is more qualified is violating which principle of the Canadian Psychological Association's Ethics Code? 18) _____
 A) Responsible caring B) Responsibility to society
 C) Respect for a dignity of the person D) Integrity in relationships
- 19) A sport psychology consultant who decides not to share information with an athlete's coach is following which principle of the Canadian Psychological Association's Ethics Code? 19) _____
 A) Responsible caring B) Integrity in relationships
 C) Responsibility to society D) Respect for a dignity of the person
- 20) Which one of the following is a membership criterion for the Canadian Sport Psychology Association (not CPA)? 20) _____
 A) Favourable supervisor and client evaluations
 B) A background understanding of the sport sciences
 C) A master's degree in sport psychology or a related field
 D) Mental training consulting experience
 E) All of the above

- 21) Clinical and counselling psychologists receive training in which one of the following areas? 21) _____
- A) Research methods
 - B) Ethics
 - C) Intervention
 - D) Assessment
 - E) All of the above
- 22) A sport psychologist who is helping individuals and teams improve performance and enhance personal well-being is an example of which type of career role? 22) _____
- A) Consulting
 - B) Counseling
 - C) Research
 - D) Clinical intervention
 - E) Teaching
- 23) A sport psychology consultant who is providing educational services to the community and sport organizations is an example of which type of career role? 23) _____
- A) Counseling
 - B) Clinical intervention
 - C) Research
 - D) Teaching
 - E) Consulting
- 24) A sport psychology consultant who is employed by a university and is involved in a study that examines aggression differences between male and female rugby players is an example of which type of career role? 24) _____
- A) Teaching
 - B) Counselling
 - C) Consulting
 - D) Research
 - E) Clinical intervention
- 25) Which one of the following represents the three major roles that sport psychology consultants typically follow in their careers? 25) _____
- A) Teaching, counselling, research
 - B) Teaching, consulting, counselling
 - C) Teaching, research, counseling
 - D) Teaching, research, consulting
 - E) Research, consulting, counselling
- 26) A sport psychology consultant who is consulting with a group of middle-aged recreational-distance runners who hope to complete a marathon is dispelling which common myth about sport psychology? 26) _____
- A) Only athletes with serious mental problems need a sport psychology specialist.
 - B) Sport psychology consultants only work with elite athletes to enhance their performance.
 - C) Sport psychology consultants only work in competitive sport settings
 - D) Sport psychology consultants are shrinks.
 - E) None of the above

- 27) A sport psychology consultant who suspects a soccer player's competition anxiety is affecting his or her performance, and is knowledgeable of the relationship between different types of anxiety and self-confidence, is demonstrating which area of expertise? 27) _____
- A) Sport knowledge of the physical preparation
 - B) Assessment knowledge to determine the psychological skills of the athlete
 - C) Intervention skills to design an effective intervention
 - D) Technical sport knowledge
 - E) Theoretical knowledge of how psychological factors may influence performance
- 28) In which of the following areas is a sport psychology consultant demonstrating expertise when she has devised strategies for dealing with the source of a problem for an athlete? 28) _____
- A) Sport knowledge of the physical preparation
 - B) Theoretical knowledge of how psychological factors may influence performance
 - C) Technical sport knowledge
 - D) Intervention skills to design an effective intervention
 - E) Assessment knowledge to determine the psychological skills of the athlete
- 29) In which of the following areas is a sport psychology consultant demonstrating expertise when he is administering a psychological profile tool? 29) _____
- A) Sport knowledge of the physical preparation
 - B) Theoretical knowledge of how psychological factors may influence performance
 - C) Technical sport knowledge
 - D) Assessment knowledge to determine the psychological skills of the athlete
 - E) Intervention skills to design an effective intervention
- 30) Sport and exercise psychology is characterized as 30) _____
- A) the application of psychology to high performance athletes.
 - B) applying the principles of psychology to sport and exercise.
 - C) interdisciplinary scientific and applied field that embraces the integration of sport science and psychological knowledge.
 - D) only as a subdiscipline of psychology.
- 31) The CPA, the CSPA, and AASP organizations are all proactive in? 31) _____
- A) Developing more academic courses and hiring more professors to allow more students to attend universities
 - B) Identifying necessary standards and competencies required for providing sport and exercise psychology services to athletes
 - C) Ethical relationships between professors and students
 - D) Evaluating university programs to see if they meet the necessary professional standards
- 32) Seligman and others in the positive psychology movement criticized psychology for doing what? 32) _____
- A) For focusing too much on personal growth
 - B) For focusing too much on the human side of strength
 - C) For focusing too much on mental illness and repair
 - D) For focusing too much on well being

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

- 33) Consultants have an ethical responsibility to minimize harm and to assist athletes, however if it will benefit society, then a person becomes second priority and benefitting society becomes first priority. 33) _____

- 34) Principle two of the CPA is responsible caring and states that the consultant must take corrective action for any harmful effects that occurred because of their teaching, research or practice. 34) _____
- 35) SCAPPS had a strong influence on development on research and development and sport and exercise psychology in the 70's and 80's but has little influence in Canada influential. 35) _____
- 36) Dr Albert Carron, at the University of Alberta, was the first to develop the Ph.D. program. 36) _____
- 37) Since working in diverse sport and exercise settings will require a range of sport science and psychological competencies, students should receive counselling and clinical psychology training. 37) _____
- 38) Expansion of the application of sport and exercise psychology principles in clinical settings will include cancer, stroke and spinal cord injuries populations. 38) _____
- 39) In regards to sports psychology being accepted, the leading countries in Asia are Japan, China and Korea. 39) _____
- 40) Two major events that helped establish sports psychology in the 1960's. One was the first World Congress of Sports Psychology held in Rome and the second was the founding of FEPSAC. 40) _____
- 41) The specific legislative rules for the use of the term "psychologist" vary across provinces and territories. 41) _____
- 42) In Canada and the USA, most academic sport and exercise psychologist are typically not concerned with professional practice issues and certification. 42) _____

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

- 43) An athlete wants to train harder and become a better player so he approaches a sports psychologist to help him achieve this. When talking to the psychologist, the psychologist reveals that if the player decides to hire him, they can do a workout program that will increase his running time by 30 % and his muscle mass by 15%. The athlete is impressed and decides to go ahead and hire her. After 3 weeks of training, the psychologist and athlete start dating. They are quite happy; except the athlete can't help but notice the results he was promised are not being shown. He hasn't increased his muscle mass much at all and his running time has only increased by a few seconds. This is because the psychologist did not actually have the evidence to support the findings that she told the athlete. State and explain what the ethical concerns of the above scenario are. 43) _____
- 44) Briefly describe the four principles of ethical guidelines for psychologists providing services to athletes or exercise clients. 44) _____
- 45) How does positive psychology relate to sport and exercise? 45) _____
- 46) One myth about sport and exercise psychology is that only athletes or exercisers with serious mental problems need a sport or exercise psychologist. Explain why this is a myth. 46) _____

47) In the textbook, a number of trends and issues are identified that will dominate the advancement of sport and exercise psychology over the next 20 years. List these 9 trends and issues.

47) _____

Answer Key

Testname: UNTITLED1

- 1) D
- 2) A
- 3) C
- 4) C
- 5) E
- 6) C
- 7) E
- 8) B
- 9) A
- 10) C
- 11) B
- 12) E
- 13) E
- 14) A
- 15) A
- 16) A
- 17) D
- 18) A
- 19) D
- 20) E
- 21) E
- 22) A
- 23) D
- 24) D
- 25) D
- 26) B
- 27) E
- 28) D
- 29) D
- 30) C
- 31) B
- 32) C
- 33) FALSE
- 34) TRUE
- 35) FALSE
- 36) FALSE
- 37) TRUE
- 38) TRUE
- 39) FALSE
- 40) TRUE
- 41) TRUE
- 42) TRUE
- 43) Responsible caring→ The psychologist did not develop a plan that met the clients needs. Furthermore, there was no evidence that specific promised outcomes could be achieved.

Integrity in relationships→ The psychologist did not establish appropriate personal relationship boundaries with their client. Dating of a client is unethical.

Answer Key

Testname: UNTITLED1

44) *Principle I: Respect for Dignity of Persons*

This principle reinforces the moral rights of all people regardless of individual differences, including culture, religion, gender, marital status, sexual orientation, etc. Respect extends to upholding the individual's privacy, confidentiality, and freedom to consent for consulting services and as a research participant.

Principle II: Responsible Caring

This principle requires consultants to weigh the costs and benefits of various methods and select those that will minimize harm and maximize benefits. To avoid causing harm, sport and exercise psychologists work within their range of competence.

Principle III: Integrity in Relationships

Sport and exercise psychologists are expected to be accurate and honest, straightforward and open, as objective and unbiased as possible, and to avoid conflicts of interest.

Principle IV: Responsibility to Society

Sport and exercise psychologists benefit society through the development of knowledge and by practising freedom of inquiry and debate. However, respect and responsible caring for the athlete must be the first priority and must not be violated by attempts to benefit society.

- 45) a) Positive psychology can be thought of as examination of the subjective experience: well-being, satisfaction, fulfillment, pleasure, and happiness.
b) Much of the research in sport and exercise psychology is directed toward enhancing performance, social and physical well-being, and positive emotion. Sport psychologists often work with athletes and exercisers to improve performance and life satisfaction.
c) Peak performance in athletics and exercise involves enhancing psychological, physical, and emotional strength not the treatment of mental or physical health problems.
d) Many studies in sport and exercise examine positive states and well being including optimistic disposition, flow states, enjoyment, satisfaction, psychological growth, and challenge Even when exercise psychologists work with clinical conditions such as spinal cord injuries, cancer, and cardiac rehabilitation, a major focus is related to enhancing well-being by increasing positive qualities like confidence, independence, social and physical functioning, and life satisfaction.
- 46) Any athlete or person wanting to become more physically active can benefit from the services of a qualified sport and exercise psychology specialist. First, specialists design the majority of interventions to prepare athletes to manage the demands of training and competition and to enhance their well-being. Athletes can learn to develop and apply effective psychological skills to manage stress, focus attention, and augment motivation. In addition, specialists can teach coaches how to develop more effective training environments. Second, there are many effective interventions that can help people adopt and maintain healthy levels of physical activity.
- 47) 1. Increased Specialization and Diversification
2. Increased Research and Teaching Opportunities
3. Increased Demands for Training in Clinical and Counselling Psychology
4. Interdepartmental Collaboration in Teaching, Research, and Practice
5. Ethics and Competencies
6. Working in Performance Enhancement Teams
7. Online Consulting and Service Provision
8. Consulting with Athletes and Exercisers with Disabilities
9. Knowledge Translation