Sports Psychology Test

1. What are 2 things sport psychologists help an athlete with?
2. An athlete believes fate was the reason he missed the game winning field goal. This is an example of which locus of control? Internal External
3. What is an example of eustress?
4. Barry is the star qb and his team is in the championship game. What are 2 recommendations you would give him to handle the stress during the game?
5. Jerry is the Athletic Trainer for the championship game. He suddenly is having trouble ripping the tape and it carries over into the next season, anytime during the games he cannot rip tape but is fine with doing it during practices. What do you suspect Jerry is experiencing?
6. Which is not an emotional response to stress?
	1. Increase bp b. decrease hr c. isolation d. all are responses
7. What is the 3rd step of the stress process?
	1. Stress b. emotional response c. appraisal d. outcomes
8. During the appraisal step of the stress process, what are you looking at?
9. What are 2 sports that eating disorders can be common in?
10. Differentiate anorexia and bulimia?
11. Erosion of tooth enamel is associated with which eating disorder?
12. The female athlete triad is comprised of what 3 things?
13. Mr. Goodale rewards himself with Chinese food the night he vacuums and does laundry. This is an example of what type of motivation? Intrinsic extrinsic
14. Because of burnout, about what percentage of athletes quit sports by the age of 13?
	1. 20 b. 50 c. 70 d. 80
15. Goal setting is one of the best methods for motivation. A common method for goals is
	1. SMART b. GOOD c. SUPER d. AMAZING
16. My goal is to get in “better shape”. What is wrong with the set up for that goal?
17. My other goal is to make it to the NBA by the end of 2020. What part of goal setting does that not adhere to?
18. What are 2 recommendations with goal setting to be more likely to achieve your goals?
19. Someone with low self confidence is likely to take risks.
	1. More b. less
20. With smart goals choose 2 letters and explain what they stand for.
21. If I practice visualizing myself making a putt regularly from all over what technique am I practicing?
	1. Focus b. practice c. imagery d. believe
22. Why is it important to have short term goals set up instead of 1 long term goal?
23. Come up with a scenario with an athlete experiencing the yips.
24. Which nerve can be activated in stressful times to give a calming effect?
25. What are 4 techniques when helping an athlete cope with an injury?