ETHICS IN SPORT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://ethicsinsport.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. The quote attributed to Viktor Frankl that you can't tailor-make your situation but you can tailor-make your attitude is true.

A. The statement about tailoring situation vs attitude is true

B. The statement cannot be determined

C. The statement is partially true

D. The statement is false

2. In the study mentioned, what percentage of college students believed the US is experiencing a business crisis?

A. 84%

B. 77%

C. 60%

D. 50%

3. Before the _____, few youth sport programs offered competitive sport opportunities for girls, as they did for boys, because parents and peers did not encourage girls to develop their sport skills.

A. 1960s

B. 1980s

C. 1970s

D. 1990s

4. What is the relationship between doping and integrity of sport?

A. Doping can be tolerated if the athlete is highly successful.

B. Doping has no impact on public perception.

C. Ethical integrity is independent of doping policy.

D. Doping undermines integrity by violating fair play and public trust.

5. How should whistleblower protection be designed in sports organizations?

A. Whistleblower protection should be weak to encourage reporting.

B. Whistleblower protections are unnecessary.

C. Protection should be limited to certain roles.

D. Whistleblower protection should include strong anti-retaliation protections, confidential reporting channels, independent investigations, and legal safeguards for reporters.

SAMPLE

6. Biff believed Gilman football _____. Which description does not apply?

A. Was about those looking in from the outside.

B. Was about building internal character.

C. Focused on teamwork and belonging.

D. Emphasized service to others.

7. _____ believes a version of the Golden Rule exists in just about every culture.

A. Lorraine Woellert

B. Fred Smith

C. John Maxwell

D. The Josephson Institute of Ethics

8. Which governance measure best mitigates undue influence of commercialization on competition?

A. Unrestricted sponsorship

B. Secret sponsorship deals

C. Spending caps and independent oversight

D. Equal access to sponsorship for all teams

9. In order to increase individual improvement and team motivation, make every drill as _____ as possible.

A. predictable

B. competitive

C. easy

D. unrelated to competition

10. The material suggests that goals alone guarantee sustained engagement.

A. Not sure

B. Partly true

C. False

D. True

SAMPLE

Answers

SAMPLE

1. D
2. A
3. C
4. D
5. D
6. A
7. B
8. C
9. B
10. C

SAMPLE

Explanations

SAMPLE

1. The quote attributed to Viktor Frankl that you can't tailor-make your situation but you can tailor-make your attitude is true.

A. The statement about tailoring situation vs attitude is true

B. The statement cannot be determined

C. The statement is partially true

D. The statement is false

This item tests the idea of where real control lies—our attitude versus our circumstances. The statement claims you can tailor your attitude but you cannot tailor or influence your situation, presenting an absolute dichotomy. In Viktor Frankl's thinking, the important point is that we always retain the freedom to choose how we respond; that inner choice is central to meaning-making, especially under hardship. However, to say you cannot tailor your situation at all is too strong and not quite accurate. People often can—and do—alter aspects of their external circumstances through decisions, actions, and practical steps, even if some elements remain outside control. The quote is also frequently misattributed or simplified, which adds to the confusion. So the claim is not universally true because it oversimplifies the balance between circumstance and response: while attitude is within our power, there are ways to modify or influence the situation itself, and recognizing that nuance is essential to applying Frankl's lessons in real life and in ethics in sport.

2. In the study mentioned, what percentage of college students believed the US is experiencing a business crisis?

A. 84%

B. 77%

C. 60%

D. 50%

Understanding statistics from a study means looking at what the percentage represents: the proportion of the surveyed group who share a belief. If 84 percent of college students believe the US is experiencing a business crisis, that number shows a large majority within the sample—a strong consensus or high level of concern among respondents. It's higher than the other provided percentages, so it conveys a more pronounced belief about the crisis. The smaller figures would indicate less widespread agreement, which is why they're not as representative of the study's reported sentiment. In short, 84 percent tells you that, in this study, most students surveyed perceived a business crisis in the US.

3. Before the _____, few youth sport programs offered competitive sport opportunities for girls, as they did for boys, because parents and peers did not encourage girls to develop their sport skills.

A. 1960s

B. 1980s

C. 1970s

D. 1990s

This item tests how policy shifts and social attitudes influence girls' access to competitive youth sport. Historically, girls had far fewer competitive opportunities than boys because norms about gender roles and a lack of supportive policies limited encouragement and resources for girls to develop sport skills. The 1970s mark the turning point, especially with Title IX in 1972, which barred sex discrimination in education and athletics and prompted schools to create more girls' teams and competitive programs. This shift is why opportunities for girls began expanding during and after that decade, making the 1970s the period just before those gains accelerated. Later decades continued to build on that progress, but the key change starts in the 1970s.

SAMPLE

4. What is the relationship between doping and integrity of sport?

A. Doping can be tolerated if the athlete is highly successful.

B. Doping has no impact on public perception.

C. Ethical integrity is independent of doping policy.

D. Doping undermines integrity by violating fair play and public trust.

Doping and integrity are linked through fairness and public trust. Integrity in sport means competition is fair, honest, and conducted within agreed rules; doping disrupts that by giving some athletes an artificial advantage, which undermines the merit of the results. When athletes use prohibited substances, the public's belief that champions earned their status through talent and hard work is eroded, damaging trust in the sport's legitimacy. Doping also sends a message that breaking the rules is acceptable if the outcome looks impressive, which weakens the ethical norms that keep sport from becoming mere performance enhancement. Policies against doping exist to protect this trust and the fair playing field; without them, integrity suffers.

5. How should whistleblower protection be designed in sports organizations?

A. Whistleblower protection should be weak to encourage reporting.

B. Whistleblower protections are unnecessary.

C. Protection should be limited to certain roles.

D. Whistleblower protection should include strong anti-retaliation protections, confidential reporting channels, independent investigations, and legal safeguards for reporters.

Whistleblower protection in sports organizations must be designed to enable reporting of misconduct while safeguarding the reporter from retaliation. For this to work, protections need multiple layers that work together: strong anti-retaliation measures to prevent punishment for reporting; confidential channels so individuals can raise concerns without exposing themselves; independent investigations to ensure impartiality and build trust in the process; and legal safeguards that give reporters enforceable rights and remedies and align with broader laws. Together, these elements create a safe, trustworthy system that encourages reporting and ensures issues are investigated fairly, which is essential for integrity, governance, and athlete safety. Weak protections or no protections discourage reporting and allow misconduct to continue, while limiting protections to certain roles leaves significant gaps and undermines overall accountability.

6. Biff believed Gilman football _____. Which description does not apply?

A. Was about those looking in from the outside.

B. Was about building internal character.

C. Focused on teamwork and belonging.

D. Emphasized service to others.

The main idea here is that Gilman football is framed as developing character and values from within the team. It emphasizes internal growth—building character, teamwork, belonging, and service to others as part of how the program operates and what it teaches players. Describing the program as being about those looking in from the outside shifts the focus away from the players' own growth and the team culture, which doesn't fit the intended purpose. So the notion of outsiders observing from the outside does not apply.

SAMPLE

7. ____ believes a version of the Golden Rule exists in just about every culture.

A. Lorraine Woellert

B. Fred Smith

C. John Maxwell

D. The Josephson Institute of Ethics

The main idea here is identifying who is associated with the claim that a version of the Golden Rule exists in nearly every culture. Among the options, Fred Smith is the figure most commonly linked in ethics discussions to the belief in a universal moral principle shared across cultures. The other options are less connected to this specific attribution—Lorraine Woellert is a journalist, John Maxwell is known for leadership ideas, and The Josephson Institute of Ethics is an ethics organization rather than a single person making that claim. So, in this context, Fred Smith is the best fit for the statement.

8. Which governance measure best mitigates undue influence of commercialization on competition?

A. Unrestricted sponsorship

B. Secret sponsorship deals

C. Spending caps and independent oversight

D. Equal access to sponsorship for all teams

Limiting the undue influence of commercialization on competition relies on governance that sets clear rules, enforces them fairly, and keeps money from steering outcomes. Spending caps stop teams from outspending rivals to buy advantages, while independent oversight provides a neutral body to monitor compliance, enforce penalties, and deter favoritism or covert deals. Together, they create a transparent, level playing field where success is more about performance than financial prowess or hidden sponsorship power. Unrestricted sponsorship expands money's reach and can tilt competition toward wealthier programs; secret sponsorship deals undermine trust and make rules enforcement unreliable; simply giving all teams equal access to sponsorship helps equity in opportunity but doesn't address how money can still translate into advantage without caps and independent monitoring.

9. In order to increase individual improvement and team motivation, make every drill as _____ as possible.

A. predictable

B. competitive

C. easy

D. unrelated to competition

Making drills competitive taps into athletes' natural motivation to excel and their tendency to improve under pressure. When players know they're aiming to outperform others or a benchmark, they focus more, seek feedback, and practice more deliberately. This creates a dynamic where effort and skill refinement advance faster for both individuals and the team. If drills are too predictable, players may coast instead of pushing to improve; if they're too easy, they won't challenge the skills being developed; and if drills have no tie to competition, motivation can wane because the practice lacks a clear link to game performance.

SAMPLE

10. The material suggests that goals alone guarantee sustained engagement.

A. Not sure

B. Partly true

C. False

D. True

Setting goals guides effort and gives you a target, but they don't by themselves lock in steady engagement over time. Sustained effort depends on more than just having a destination; you also need to feel progress, get regular feedback, and experience autonomy, competence, and connection to what you're doing. When goals emphasize learning and skill development (mastery or process goals) and are paired with clear plans, routine practice, and checkpoints, motivation can stay high even when the road gets tough. If goals are vague, overly focused on outcomes like winning, or pursued without feedback and a realistic plan, motivation can slip as soon as challenges appear. Think about how progress is monitored and celebrated, how actions align with personal values or intrinsic rewards, and how achievable challenges are kept within reach. These pieces help convert goal setting into ongoing action rather than a one-time push. So, while goals are useful, they do not by themselves guarantee that engagement will be sustained.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://ethicsinsport.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE