

Deviance in Sports Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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- 1. Which of the following exemplifies hazing and why is it deviant?**
 - A. A voluntary team-building exercise with consent.**
 - B. A ceremonial tradition with no harm.**
 - C. A forced humiliating initiation involving coercion and potential harm; violates ethical codes, may break laws, and exploits power imbalances.**
 - D. A social media challenge with no coercion.**

- 2. Anarchy is the social condition that exists when widespread underconformity creates general lawlessness. True or False?**
 - A. True**
 - B. False**
 - C. Requires political revolution**
 - D. Involves dissolution of all norms**

- 3. What does constructionist theory say about norms and deviance?**
 - A. They are socially constructed through interaction**
 - B. They are fixed universal truths**
 - C. They are determined solely by laws**
 - D. They are biological instincts**

- 4. The material indicates that research on deviance in sports is guided largely by which focus?**
 - A. Social processes in elite power and performance sports**
 - B. Genetic predispositions toward behavior**
 - C. Economic incentives alone**
 - D. Media influence on behavior**

- 5. Which factor is NOT typically linked to a doping culture?**
 - A. Intense performance pressure.**
 - B. Public anti-doping campaigns that deter.**
 - C. Access to substances.**
 - D. Weak deterrence.**

- 6. What organizational-level strategies can prevent sport deviance?**
- A. Increase salaries for players**
 - B. Reducing oversight**
 - C. Clear codes of conduct, ethics training, reporting channels, independent oversight, and strong leadership.**
 - D. Eliminate governance.**
- 7. What is another reason it's difficult to study deviance in sports?**
- A. The types and causes of deviance in sports are very diverse**
 - B. Deviance in sports is uniform**
 - C. There is no deviance in sports**
 - D. It is fully understood**
- 8. When there is a collective sense of hubris on a team, it is likely that some athletes will**
- A. Feel a sense of entitlement in the general community**
 - B. Become more modest and reflective**
 - C. Strengthen ties with outsiders**
 - D. Stop playing sports**
- 9. The athletes most likely to overconform to the norms of the sport ethic are those who see achievements as their only way to get ahead and those who have**
- A. A strong need to be accepted as athletes by their peers in sports**
 - B. A passion for academic achievement**
 - C. A preference for solitary training**
 - D. A desire to retire early**
- 10. The pattern of substance use in athletes is attributed to which principal cause?**
- A. Overconformity to the sport ethic among athletes.**
 - B. Lack of access to resources.**
 - C. External peer pressure from non-athletes.**
 - D. Genetic factors unrelated to sport.**

Answers

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

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Explanations

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1. Which of the following exemplifies hazing and why is it deviant?

A. A voluntary team-building exercise with consent.

B. A ceremonial tradition with no harm.

C. A forced humiliating initiation involving coercion and potential harm; violates ethical codes, may break laws, and exploits power imbalances.

D. A social media challenge with no coercion.

Hazing targets newcomers with forced, demeaning, or dangerous tasks as a way to gain acceptance, and it relies on power imbalances to coerce participation. In sport settings, this kind of conduct clashes with how teams are supposed to treat members—safely, respectfully, and with voluntary consent. The example described involves a forced initiation that humiliates someone and may cause harm, using coercion and a clear power dynamic to compel involvement. That combination—coercion, humiliation, potential harm, and exploitation of authority—embodies hazing and marks it as deviant because it violates ethical codes, and can even breach laws geared toward preventing abusive practices. The other scenarios lack these coercive elements. A voluntary team-building exercise with consent is consensual and non-harmful, so it isn't hazing. A ceremonial tradition with no harm, if truly voluntary and respectful, doesn't meet the coercive or exploitative criteria. A social media challenge without coercion isn't hazing either, since participation isn't forced and there's no expectation of degrading or dangerous acts.

2. Anarchy is the social condition that exists when widespread underconformity creates general lawlessness. True or False?

A. True

B. False

C. Requires political revolution

D. Involves dissolution of all norms

Anarchy refers to a situation with no formal governing authority to enforce rules or coordinate behavior. When widespread underconformity to norms occurs and there's no power to sanction or regulate, social control breaks down and general lawlessness can arise. That match is exactly what the statement describes, so it's true. It's not about needing a political revolution or about dissolving every norm; the essential idea is the absence of centralized coercive power leading to disorder, which fits the concept of anarchy.

3. What does constructionist theory say about norms and deviance?

- A. They are socially constructed through interaction**
- B. They are fixed universal truths**
- C. They are determined solely by laws**
- D. They are biological instincts**

Norms and deviance are created through social interaction and the meanings people attach to behaviors, not as fixed traits. In constructionist thinking, what counts as deviant depends on how a community labels and interprets an act within a specific context, time, and power structure. Because meanings are negotiated through social processes, the same behavior can be normalized in one setting and labeled deviant in another. This explains why norms vary across cultures and eras, and why laws alone don't fully determine deviance—it's the social interpretation and sanctioning that give it meaning. The idea that norms are fixed universal truths, or that deviance is determined solely by laws, or that it stems from biological instincts, wouldn't account for how different groups construct different norms and how labels change with social interaction.

4. The material indicates that research on deviance in sports is guided largely by which focus?

- A. Social processes in elite power and performance sports**
- B. Genetic predispositions toward behavior**
- C. Economic incentives alone**
- D. Media influence on behavior**

Deviance in sports research is centered on how social dynamics within elite power and performance contexts shape what counts as deviant, how it's defined, and how it's managed. Researchers focus on norms, authority, hierarchies, organizational cultures, and the rules and sanctions that govern high-level sport, exploring how athletes navigate pressures from coaches, teams, governing bodies, sponsors, and fans. This social-process lens explains why certain behaviors are labeled deviant and how responses to them are produced, making it the most comprehensive guide to understanding deviance in sport. Other factors like genetics, purely economic incentives, or media messages can influence behavior, but they don't capture the central framework most used to study deviance in sport. Genetics suggests biological causes, which is a different perspective; economics emphasizes money as the driver without detailing the social rules and power relations; media can shape perception and spotlight but isn't the primary lens for why deviance occurs or is sanctioned within elite sport.

5. Which factor is NOT typically linked to a doping culture?

- A. Intense performance pressure.
- B. Public anti-doping campaigns that deter.**
- C. Access to substances.
- D. Weak deterrence.

The main idea here is how a doping culture forms: it appears when athletes feel pressure to perform, have easy access to substances, and perceive weak enforcement as allowing doping to go unchecked. Intense performance pressure pushes athletes to rationalize or justify doping as a necessary step to compete at a high level. When substances are readily accessible, the practical barriers vanish, making it much easier for doping to occur and be seen as a feasible option. If deterrence is weak, the penalties and consequences aren't strong enough to dissuade athletes, so doping becomes a more acceptable part of the sports environment. Public anti-doping campaigns that deter athletes from doping sit in opposition to a doping culture. They promote ethics, highlight risks, and reinforce clean sport, thereby challenging the norms that sustain doping. So they're not typically linked to a culture that supports or normalizes doping.

6. What organizational-level strategies can prevent sport deviance?

- A. Increase salaries for players
- B. Reducing oversight
- C. Clear codes of conduct, ethics training, reporting channels, independent oversight, and strong leadership.**
- D. Eliminate governance.

Organizational-level prevention hinges on shaping norms, ensuring accountability, and building a culture of integrity. Clear codes of conduct establish explicit expectations for behavior, so everyone knows what is considered acceptable and what isn't. Ethics training goes beyond rules by strengthening decision-making and moral reasoning, helping individuals navigate ambiguous situations in line with ethical standards. Reporting channels create safe paths for whistleblowing and early detection of misconduct, reducing the chances that problems go unnoticed. Independent oversight adds objectivity and checks on power, ensuring that investigations and sanctions are fair and not swayed by internal relationships. Strong leadership is essential because leaders model the behavior they want to see, commit resources to compliance, and enforce consequences consistently. Together, these elements create a supportive environment where integrity is valued, violations are less likely, and problems are identified and addressed promptly. Increasing salaries for players doesn't by itself establish the norms, reporting structures, or accountability mechanisms needed to prevent deviance. Reducing oversight or eliminating governance removes the very systems that deter misconduct and ensure fair treatment, making deviant behavior easier and less likely to be caught.

7. What is another reason it's difficult to study deviance in sports?

- A. The types and causes of deviance in sports are very diverse**
- B. Deviance in sports is uniform**
- C. There is no deviance in sports**
- D. It is fully understood**

Deviance in sport is difficult to study because it covers a wide range of behaviors and a variety of causes. Different sports, levels of play, cultural contexts, and time periods generate many forms of deviance—from rule violations and cheating to violence, doping, or organizational corruption. The reasons behind these behaviors also vary: personal motivations, peer and team dynamics, economic pressures, governance structures, and cultural norms all play a part. This diversity means there isn't a single explanation or pattern to capture, and researchers must navigate different definitions, contexts, and measurement challenges—what counts as deviant can shift depending on the setting. Because of this complexity, studies can't rely on one universal explanation. That's why the best answer points to the variety of types and causes as what makes studying deviance in sports so challenging. The other options aren't fitting: deviance does occur, it's not uniform, and it's not fully understood.

8. When there is a collective sense of hubris on a team, it is likely that some athletes will

- A. Feel a sense of entitlement in the general community**
- B. Become more modest and reflective**
- C. Strengthen ties with outsiders**
- D. Stop playing sports**

When a team feels overconfident and superior, that mindset often spills into how athletes view themselves in the wider world. They can develop a sense of entitlement in the general community, believing they deserve privileges, status, or leniency simply because of their team's success. This fits because hubris creates expectations of special treatment that extend beyond the sport. The other patterns don't align with this mindset: hubris wouldn't lead to greater modesty or reflection, it wouldn't inherently strengthen connections with outsiders, and it isn't a logical outcome to stop playing sports.

9. The athletes most likely to overconform to the norms of the sport ethic are those who see achievements as their only way to get ahead and those who have

- A. A strong need to be accepted as athletes by their peers in sports**
- B. A passion for academic achievement**
- C. A preference for solitary training**
- D. A desire to retire early**

Overconformity to the sport ethic happens when athletes buy into the idea that winning and constant success are the only ways to move ahead, and they internalize the belief that rigorous self-denial and pushing the limits are necessary. The strongest driver here is social validation—specifically, a strong need to be accepted by peers in the sport. When achievements are seen as the sole path to advancement, athletes who crave acceptance will align their behavior with the sport's norms to maintain status and avoid rejection. That peer-acceptance motive makes them more likely to overconform, even at personal cost. The other ideas don't tap into that social reinforcement dynamic. Academic achievement passion doesn't tie directly to being accepted within the sport community; solitary training reflects a method or preference rather than a social pressure to conform; and a desire to retire early is a future-oriented goal, not a present driver of conforming to sport-ethic norms.

10. The pattern of substance use in athletes is attributed to which principal cause?

- A. Overconformity to the sport ethic among athletes.**
- B. Lack of access to resources.**
- C. External peer pressure from non-athletes.**
- D. Genetic factors unrelated to sport.**

The main concept is how conformity to the sport ethic among athletes shapes substance use. In many athletic cultures, there's an implicit expectation to win at all costs, push through pain, and justify risky or extra measures as part of being a serious competitor. This overconformity makes substances appear as acceptable tools to gain an edge or cope with demands, so use becomes normalized within the sport. While other factors like resource access, pressure from non-athletes, or genetics can play some role, they don't explain the patterned behavior as strongly as the way athletes internalize and live by the sport ethic.

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://devianceinsports.examzify.com>

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

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