

ETHICS IN SPORT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. What best demonstrates sponsorship transparency and governance in sport?**
 - A. Keep deals confidential
 - B. Only disclose if demanded
 - C. Disclose after season ends
 - D. Publish sponsorship details and have independent oversight
- 2. Which statement best characterizes the effect of destructive criticism by parents on children?**
 - A. It has little lasting impact.
 - B. It permanently impairs lifelong effectiveness.
 - C. It can be beneficial if delivered with warmth.
 - D. It only affects academic performance.
- 3. The public has the most complete confidence in teachers.**
 - A. Politicians
 - B. Athletes
 - C. Parents
 - D. Teachers
- 4. The main reason individuals pursue coaching is ____.**
 - A. Money
 - B. Prestige
 - C. They love what they do
 - D. Competition
- 5. Values are taught much more often than caught.**
 - A. True
 - B. False
 - C. Not true
 - D. It depends

- 6. A vector can be a series of development tasks, a source of concern, and/or a set of outcomes.**
- A. True
 - B. False
 - C. Not specified
 - D. Not relevant
- 7. Which practice best supports ethical use of data in coaching?**
- A. Data usage should be transparent, include consent, and be audited for bias
 - B. Data use without oversight
 - C. Data kept secret
 - D. Data used for marketing
- 8. Which action best exemplifies enacting justice on behalf of others?**
- A. Ignoring someone in trouble
 - B. Helping someone in need
 - C. Competing for personal gain
 - D. Criticizing others publicly
- 9. Enthusiasm is derived from Latin words meaning 'be positive'.**
- A. True
 - B. Indeterminate
 - C. Not important
 - D. False
- 10. What constitutes conflict of interest in sport administration, and how should it be managed?**
- A. No conflict possible.
 - B. Conflicts are about salary.
 - C. Conflicts are solved by ignoring them.
 - D. Personal or financial interests biasing decisions; manage via disclosure, recusal, independent oversight, and clear policies.

Answers

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

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Explanations

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1. What best demonstrates sponsorship transparency and governance in sport?

- A. Keep deals confidential
- B. Only disclose if demanded
- C. Disclose after season ends
- D. Publish sponsorship details and have independent oversight**

The main idea here is sponsorship transparency and governance: making sponsorship arrangements open to scrutiny and backed by solid oversight. Publishing sponsorship details so the public, fans, athletes, and other stakeholders can see who funds the sport, what the terms are, and any potential conflicts demonstrates openness. Pairing that disclosure with independent oversight provides a separate, objective check on how deals are made and how decisions are governed. That combination shows that the sport isn't just telling people what's happening, but is actively ensuring the processes are fair, accountable, and free from undue influence. Keeping deals confidential, or only disclosing them when demanded, or waiting until after the season ends, obscures information and weakens accountability, which undermines trust and integrity.

2. Which statement best characterizes the effect of destructive criticism by parents on children?

- A. It has little lasting impact.
- B. It permanently impairs lifelong effectiveness.**
- C. It can be beneficial if delivered with warmth.
- D. It only affects academic performance.

The main idea here is that harsh, negative feedback from parents can shape a child's view of themselves and their abilities in a way that lasts far beyond childhood. When criticism is destructive—demeaning, overly blaming, and focused on inherent worth rather than specific behaviors—it can plant beliefs like “I’m not capable” or “I’ll never measure up.” Those beliefs tend to influence how a person approaches tasks, responds to failure, and seeks opportunities, creating a pattern that can persist into adulthood and affect performance, motivation, and functioning across many areas of life. That enduring influence is why the statement about permanent lifelong impairment best captures the overall effect. It’s not accurate to say the harm is minor or temporary, and it’s not about warmth converting a destructive critique into something beneficial, since the core issue is the destructive nature of the feedback itself. And the impact isn’t limited to academics—emotional, social, and occupational domains can all be affected by lasting negative self-beliefs and avoidance patterns that originate from destructive parental criticism.

3. The public has the most complete confidence in teachers.

- A. Politicians
- B. Athletes
- C. Parents
- D. Teachers**

Trust in public roles comes from consistency, expertise, and ethical conduct over time. Teachers are seen as professionals who interact with students daily in a structured, accountable setting, guided by codes of ethics and standards. This combination signals reliability, impartiality, and care for students' well-being, which people value highly in a public authority. Politicians are often scrutinized for partisanship and shifting promises, which can erode trust. Athletes may earn admiration for skill, but their expertise isn't typically viewed as authority on education or moral guidance. Parents are trusted in personal, family matters, but their influence is more limited to private life rather than the broad, public role of guiding education and professional conduct. For these reasons, the public's strongest confidence tends to be in teachers in this context.

4. The main reason individuals pursue coaching is ____.

- A. Money
- B. Prestige
- C. They love what they do
- D. Competition

Intrinsic motivation in coaching is the main concept here. People who become coaches are often driven by the genuine joy of the sport and the fulfillment that comes from teaching, mentoring, and helping others improve. This love for the work provides a durable, self-sustaining motivation that keeps coaches committed through long hours, tough moments, and imperfect pay. When coaching is rooted in passion for the activity, decisions tend to prioritize athlete development and welfare. Money, prestige, and competition can influence someone's path, but they are extrinsic factors and don't sustain long-term involvement in the same way. They may shape choices or speed, but the lasting drive is the enjoyment and purpose found in coaching itself.

5. Values are taught much more often than caught.

- A. True
- B. False
- C. Not true
- D. It depends

In sport ethics, how we learn values is driven more by observation and experience than by formal instruction. The idea that we teach values more than we "catch" them rests on the fact that learners imitate and internalize what they see in coaches, teammates, and the overall culture. When a coach routinely models fairness, respect for opponents, and accountability—actions like owning a mistake, praising others, or handling disputes calmly—those behaviors shape players' values even if there isn't a formal lesson accompanying them. Conversely, explicit talks about values can be undermined if the daily environment contradicts them; say a team preaches sportsmanship but celebrates wins at any cost. In practice, the everyday lived examples—the environment, role models, and peer norms—have a stronger influence on value formation than explicit teaching alone. So the statement is not true; values are largely caught through demonstrated behavior and lived culture rather than taught primarily through instruction.

6. A vector can be a series of development tasks, a source of concern, and/or a set of outcomes.

- A. True
- B. False
- C. Not specified
- D. Not relevant

A vector is a flexible term that describes a path, a carrier, or a collection. It can denote a series of development tasks—the steps arranged to progress a project. It can also be a source of concern when viewed as a vector of risk factors or issues that move through a system. Finally, it can represent a set of outcomes, as a vector can collect multiple results as its components. Because the concept of a vector encompasses carrying, directing, or grouping elements, the statement is accurate: a vector can be a series of development tasks, a source of concern, and/or a set of outcomes.

7. Which practice best supports ethical use of data in coaching?

- A. Data usage should be transparent, include consent, and be audited for bias
- B. Data use without oversight
- C. Data kept secret
- D. Data used for marketing

Ethical use of data in coaching hinges on transparency, informed consent, and ongoing accountability through bias monitoring. Transparency means athletes should know what data is being collected, why it's collected, who will access it, and how long it will be kept. Informed consent respects autonomy—athletes (or their guardians) should actively agree to how their data is used and have clear options to opt in or withdraw. Regularly auditing for bias ensures decisions based on the data remain fair and do not disadvantage any group. These elements matter because coaching decisions—from training loads to injury risk assessments—rely on data, so openness and consent protect privacy and trust, while bias checks promote equity. Practices without oversight risk misuse, secrecy erodes trust and accountability, and using data for marketing shifts focus away from athlete welfare.

8. Which action best exemplifies enacting justice on behalf of others?

- A. Ignoring someone in trouble
- B. Helping someone in need
- C. Competing for personal gain
- D. Criticizing others publicly

Enacting justice on behalf of others means stepping in to protect fair treatment and to support those who cannot advocate for themselves. Helping someone in need is the clearest example because it directly counters inequity and removes barriers to equal opportunity or safety. It shows moral courage and a commitment to others' rights, which sits at the heart of ethical behavior in sport—ensuring all participants have a fair chance and aren't left vulnerable. Ignoring someone in trouble neglects that duty, pursuing personal gain prioritizes self-interest over fairness, and publicly criticizing others can undermine the trust and supportive environment that justice requires.

9. Enthusiasm is derived from Latin words meaning 'be positive'.

- A. True
- B. Indeterminate
- C. Not important
- D. False

*Enthusiasm comes from Greek, not Latin. The word traces back to *enthusiasmos*, formed from *en-* (in) and *theos* (god), meaning being inspired or possessed by a god. English later borrowed it, but the core sense is divine inspiration, not a Latin phrase meaning "be positive." So the statement is false—the root language and the literal meaning do not support it.*

10. What constitutes conflict of interest in sport administration, and how should it be managed?

- A. No conflict possible.
- B. Conflicts are about salary.
- C. Conflicts are solved by ignoring them.
- D. Personal or financial interests biasing decisions; manage via disclosure, recusal, independent oversight, and clear policies.**

A conflict of interest arises when personal or financial interests could bias sport administration decisions or create an appearance of bias. In sport administration, this means a decision-maker might benefit personally from a contract, sponsorship, or appointment, or have a financial tie that could influence governance, budgeting, or policy choices. The way to handle this is through disclosure of any potential conflicts, recusal from affected decisions, independent oversight to review actions, and clear policies that define what counts as a conflict and how it is managed. These steps promote transparency, protect fairness for athletes and teams, and uphold the integrity of sport governance. Conflicts can go beyond salaries, and ignoring them or assuming none exist risks biased decisions and harm to trust in the sport.

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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!

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