

# Gender and 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. The phrase 'graces and beauty sports' signals that women's early participation was framed around which emphasis?**
  - A. Appearance and grace rather than strength**
  - B. Physical aggression and dominance**
  - C. High-performance endurance**
  - D. Technical strategy**
  
- 2. The Semenya case highlights that ideas about femininity can be entangled with ideas about race, illustrating which broader theme?**
  - A. Intersection of gender and race in sports**
  - B. Race alone determines athletic eligibility**
  - C. Gender has no impact on sports fairness**
  - D. Economic status determines sports opportunity**
  
- 3. In response to masculinized cultures in most alternative sports, some women have**
  - A. left the sports.**
  - B. created or revised sports to fit their experiences and goals.**
  - C. adopted only male-dominated rules.**
  - D. ceased participation.**
  
- 4. Which of the following best describes the overall relationship between women's participation in sport and gender equity as presented in the material?**
  - A. It fully solves gender discrimination**
  - B. It empowers individuals but leaves structural gender dynamics in place**
  - C. It worsens gender inequality**
  - D. It has no relation to gender equity**
  
- 5. What concept describes the way many female athletes manage gender issues by presenting themselves as tough yet feminine?**
  - A. Reformed apologetic**
  - B. Radical assertiveness**
  - C. Purely feminine presentation**
  - D. Anti-athletic stance**

- 6. Research on new media suggests that girls and women are creating their own sport coverage on their own terms.**
- A. Girls and women are creating their own sport coverage on their own terms**
  - B. Men dominate all sport coverage**
  - C. Coverage remains exclusively in traditional outlets**
  - D. There is no change in sports media coverage**
- 7. Which statement best describes the media portrayal of celebrity feminism?**
- A. Emphasizes community organizing**
  - B. Emphasizes individualism and consumption**
  - C. Emphasizes policy reform**
  - D. Emphasizes grassroots activism**
- 8. As sport programs become increasingly privatized,**
- A. girls and women will gain more opportunities.**
  - B. girls and women will lose participation opportunities.**
  - C. gender equity in sport programs will rapidly improve.**
  - D. public funding will compensate for privatization.**
- 9. In comparison with the Olympic Games, the Paralympic Games have**
- A. Have more female athletes than male athletes.**
  - B. Have approximately equal numbers of female and male athletes.**
  - C. Have far fewer female athletes than male athletes.**
  - D. Have no female athletes.**
- 10. Which statement best reflects the relationship between sport's gender ideology and masculinity?**
- A. It reinforces traditional masculinity as a standard for athletic value**
  - B. It removes gender expectations from athletic performance**
  - C. It promotes gender parity regardless of sport**
  - D. It discourages competition**

## Answers

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

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## **Explanations**

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**1. The phrase 'graces and beauty sports' signals that women's early participation was framed around which emphasis?**

- A. Appearance and grace rather than strength**
- B. Physical aggression and dominance**
- C. High-performance endurance**
- D. Technical strategy**

The main idea here is how social norms shaped the way women's sports were framed, prioritizing femininity, appearance, and social grace over athletic power. The phrase "graces and beauty sports" points to an emphasis on looking poised, elegant, and aesthetically pleasing in athletic settings, rather than showcasing strength or aggressive competition. Historically, such framing kept women's participation within bounds of what was considered ladylike, focusing on charm, gentleness, and decorum rather than rugged performance. That's why appearance and grace are the central emphasis, rather than physical power, high-intensity endurance, or technical tactics.

**2. The Semenya case highlights that ideas about femininity can be entangled with ideas about race, illustrating which broader theme?**

- A. Intersection of gender and race in sports**
- B. Race alone determines athletic eligibility**
- C. Gender has no impact on sports fairness**
- D. Economic status determines sports opportunity**

The main idea is that who counts as a woman in sport is shaped by both gender norms and racial stereotypes, so they're not separate influences. The Semenya case shows that ideas about femininity can be entangled with race, and that this intersection can affect how athletes are perceived, scrutinized, and governed by eligibility rules. In other words, sports policy and public judgment don't operate in a vacuum but reflect broader patterns of inequality at the intersection of gender and race. This is why the broader theme is the intersection of gender and race in sports. The other options miss that the issue isn't determined by race alone, nor is gender irrelevant to fairness, nor is economic status the central factor in this discussion.

**3. In response to masculinized cultures in most alternative sports, some women have**

**A. left the sports.**

**B. created or revised sports to fit their experiences and goals.**

**C. adopted only male-dominated rules.**

**D. ceased participation.**

When cultures in alternative sports become masculinized, women often take control by reshaping the sport to reflect their own needs and aspirations. This means creating new formats or revising existing ones to emphasize what they value—such as safety, accessibility, inclusivity, and collaborative rather than purely competitive goals. By doing so, they expand participation, challenge restrictive norms, and build spaces where their experiences are represented and respected. This approach stands out because it actively changes the sport to fit diverse experiences, rather than simply leaving the sport, adopting only male-dominated rules, or ceasing participation. Creating or revising the sport shows agency and a drive to make the activity meaningful and welcoming for more people.

**4. Which of the following best describes the overall relationship between women's participation in sport and gender equity as presented in the material?**

**A. It fully solves gender discrimination**

**B. It empowers individuals but leaves structural gender dynamics in place**

**C. It worsens gender inequality**

**D. It has no relation to gender equity**

Increasing women's participation in sport can empower individuals by building confidence, skills, and visibility for women athletes. At the same time, the broader system—governance, funding, media attention, coaching pipelines, and cultural norms—often keeps unequal power structures in place. So personal empowerment occurs, but the structural dynamics that drive gender inequality remain unless broader reforms accompany participation gains. This is why the best description is that it empowers individuals but leaves structural gender dynamics in place.

**5. What concept describes the way many female athletes manage gender issues by presenting themselves as tough yet feminine?**

- A. Reformed apologetic**
- B. Radical assertiveness**
- C. Purely feminine presentation**
- D. Anti-athletic stance**

The idea here is about how female athletes negotiate gender expectations by shaping their public image as both tough and feminine. This strategy, often called a reformed apologetic, involves presenting strength, competitiveness, and grit on the field or court while also emphasizing femininity in appearance, demeanor, or self-presentation. The “apologetic” part signals a careful, corrective stance—acknowledging potential backlash for stepping into traditionally masculine space in sports—yet the “reformed” aspect means they frame and soften that toughness so it still fits within culturally comfortable notions of femininity. In other words, they argue that being strong and athletic can coexist with being feminine, balancing legitimacy as athletes with accepted gender norms. The other options miss that balancing act: radical assertiveness emphasizes the toughness side without the feminine balance; a purely feminine presentation would downplay or ignore athletic toughness; an anti-athletic stance would reject sports altogether.

**6. Research on new media suggests that girls and women are creating their own sport coverage on their own terms.**

- A. Girls and women are creating their own sport coverage on their own terms**
- B. Men dominate all sport coverage**
- C. Coverage remains exclusively in traditional outlets**
- D. There is no change in sports media coverage**

New media enables girls and women to shape sport coverage on their own terms, altering who tells the sports stories that reach audiences. The statement mirrors that shift by asserting that they are actively creating their own coverage rather than waiting for traditional outlets to present it. This matters because it highlights participation, representation, and empowerment—women taking control of narrative, angles, and voices in sports media through platforms like social media, blogs, podcasts, and video channels. The other options imply no change, male domination, or coverage staying confined to traditional outlets, which contradict the idea of women producing content themselves. So this option best captures the trend toward a more inclusive and participatory sports media landscape.

7. Which statement best describes the media portrayal of celebrity feminism?

- A. Emphasizes community organizing
- B. Emphasizes individualism and consumption**
- C. Emphasizes policy reform
- D. Emphasizes grassroots activism

Media portrayals of celebrity feminism tend to frame empowerment as a personal, brandable experience. Coverage often spotlights an individual's story, style, and public persona, presenting feminism as something you can adopt through personal choices, fashion, and consumer signals—endorsements, products, and aspirational lifestyle moments. This emphasis on the individual and on consumption makes feminism feel like a personal achievement tied to fame, rather than a collective political project rooted in coordinated action. In contrast, community organizing, grassroots activism, and policy reform require broader collaboration and institutional change, which are less highlighted in celebrity-centered coverage. So the best description is that the media portrayal emphasizes individualism and consumption.

8. As sport programs become increasingly privatized,

- A. girls and women will gain more opportunities.
- B. girls and women will lose participation opportunities.**
- C. gender equity in sport programs will rapidly improve.
- D. public funding will compensate for privatization.

When sport programs move toward privatization, funding and decision-making shift from public, universally accessible systems to private, market-driven ones. This often means higher costs for participants and fewer guarantees of access. For girls and women, participation opportunities depend on affordability, available inclusive programs, and supportive policies. Privatization tends to favor revenue and efficiency, which can lead to fewer offerings for groups that are less profitable or require subsidies, and less emphasis on broad inclusion. Public funding, by contrast, is more likely to carry equity commitments and subsidized access, helping to sustain opportunities for girls and women. As privatization increases, those equity protections weaken, making it harder for girls to participate. So, participation opportunities for girls and women are likely to decline rather than expand as privatization grows.

**9. In comparison with the Olympic Games, the Paralympic Games have**

- A. Have more female athletes than male athletes.**
- B. Have approximately equal numbers of female and male athletes.**
- C. Have far fewer female athletes than male athletes.**
- D. Have no female athletes.**

Gender representation in the Paralympics has historically shown a gender gap, with far fewer female athletes than male athletes. This difference arises from a mix of factors: fewer events for women in earlier Paralympic programs, limited funding and sponsorship for female Paralympians, and less media attention that can reduce opportunities to attract and develop women athletes. As a result, the Paralympics have not consistently matched the level of female participation seen in the Olympics. The other options don't fit because the pattern hasn't been one of roughly equal numbers, nor zero female athletes, and it isn't accurate to say there are more female than male Paralympians.

**10. Which statement best reflects the relationship between sport's gender ideology and masculinity?**

- A. It reinforces traditional masculinity as a standard for athletic value**
- B. It removes gender expectations from athletic performance**
- C. It promotes gender parity regardless of sport**
- D. It discourages competition**

The main idea is that sport's gender norms often tie athletic value to masculine ideals. Traditional masculinity—traits like toughness, competitiveness, dominance, and physical prowess—has long been positioned as the measure of worth in many sports. Because of this, athletes who embody those masculine traits are celebrated as the standard of athletic value, and gendered expectations shape who is valued and how performance is judged. That's why this statement fits best: it captures how sport commonly reinforces traditional masculinity as the benchmark for athletic worth. The other options don't align with this pattern: removing gender expectations ignores how gendered norms still influence evaluation; aiming for gender parity regardless of sport implies equality in outcomes rather than how masculinity is used to define value; and discouraging competition contradicts the essence of sport, which is inherently competitive and often aligned with masculine norms in its framing.

## 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](mailto:hello@examzify.com).**

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

**<https://genderandsports.examzify.com>**

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

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