

Key Events and Figures in Sports History and Gender Equality 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. Grove City College v. Bell (1984) established which principle about Title IX protections?**
 - A. Cohen v Brown University (1995)**
 - B. Grove City College v. Bell (1984)**
 - C. Flood v. Kuhn (1972)**
 - D. NCAA v. Board of Regents (1984)**

- 2. Record holder for drug-related suspensions.**
 - A. Grantland Rice**
 - B. Steve Howe**
 - C. Babe Didrikson Zaharias**
 - D. Anna Kournikova**

- 3. Where were the 1928 Olympic Games held?**
 - A. Paris**
 - B. Berlin**
 - C. Amsterdam**
 - D. London**

- 4. Which 1984 ruling reshaped how college football's television rights are negotiated?**
 - A. Flood v. Kuhn (1972)**
 - B. Grove City College v. Bell (1984)**
 - C. NCAA v. Board of Regents (1984)**
 - D. Cohen v Brown University (1995)**

- 5. Which organization founded by Billie Jean King in 1974 aimed to elevate women's sports?**
 - A. Cohen v Brown University (1995)**
 - B. Murphy v NCAA (2018)**
 - C. Virginia Slims Tour (1970)**
 - D. Women's Sports Foundation (1974)**

- 6. Which Olympics were dominated by American athletes despite a Soviet-led boycott?**
- A. 1984 Los Angeles Olympics**
 - B. 1968 Mexico City Olympics**
 - C. 1980 Moscow Olympics boycott**
 - D. Munich Olympics 1972/Black September**
- 7. What is the common name for the 1919 World Series bribery scandal?**
- A. Hans Niemann/Chess cheating scandal**
 - B. CCNY Beavers**
 - C. Arnold Rothstein/Black Sox scandal**
 - D. Astros sign-stealing scandal**
- 8. Who was the labor organization leader who helped bring about free agency for athletes, changing baseball's economic and power structures?**
- A. Pete Rose**
 - B. Tammy Thompson**
 - C. Marvin Miller**
 - D. Olympia (1936)**
- 9. What was the name of the doping program associated with steroids that looked like vitamins and was used by the East German swim team?**
- A. BALCO**
 - B. World Anti-Doping Agency (WADA)**
 - C. East German doping program**
 - D. Mitchell Report**
- 10. Which American track and field star won four gold medals at the 1936 Olympic Games?**
- A. Jesse Owens**
 - B. Carl Lewis**
 - C. Usain Bolt**
 - D. Michael Phelps**

Answers

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

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Explanations

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1. Grove City College v. Bell (1984) established which principle about Title IX protections?

A. Cohen v Brown University (1995)

B. Grove City College v. Bell (1984)

C. Flood v. Kuhn (1972)

D. NCAA v. Board of Regents (1984)

The main idea here is how far Title IX protections extend when federal money flows into a school. Title IX bans sex discrimination in any education program or activity that receives federal financial assistance. Grove City College v. Bell clarified that, if federal funds go to only a specific program or department, Title IX's requirements apply to that funded program, not automatically to the entire institution. In other words, the ruling narrowed the scope of Title IX enforcement to the particular program that actually received the funds, rather than the whole college. This matters because it shows that funding status can determine which parts of a school must comply. The broader reach of Title IX was later restored by Congress with the Civil Rights Restoration Act of 1987, which treats the entire institution as subject to Title IX if any part of it receives federal funds.

2. Record holder for drug-related suspensions.

A. Grantland Rice

B. Steve Howe

C. Babe Didrikson Zaharias

D. Anna Kournikova

The concept being tested is identifying a well-known record related to drug-related suspensions in sports. Steve Howe is the player who became famous for receiving multiple suspensions under MLB's drug policy during the 1980s, more than any other player, which is why he is the best answer to who holds the record for drug-related suspensions. The other individuals come from different fronts—Grantland Rice was a legendary sportswriter, Babe Didrikson Zaharias was a pioneering all-around athlete, and Anna Kournikova is a tennis star with no notable drug-suspension record—so they don't fit the context of a record for drug-related suspensions.

3. Where were the 1928 Olympic Games held?

A. Paris

B. Berlin

C. Amsterdam

D. London

Amsterdam, Netherlands, hosted the 1928 Summer Olympic Games. This was the Netherlands' first time hosting the Games. The other cities listed hosted Olympics in different years: Paris (1900, 1924), Berlin (1936), and London (1908, 1948, 2012). Therefore Amsterdam is the correct host for the 1928 Games.

4. Which 1984 ruling reshaped how college football's television rights are negotiated?

- A. Flood v. Kuhn (1972)**
- B. Grove City College v. Bell (1984)**
- C. NCAA v. Board of Regents (1984)**
- D. Cohen v Brown University (1995)**

The key idea is how antitrust law shaped how sports rights are sold. In this 1984 Supreme Court decision, the NCAA's plan to centrally package and limit national television rights for college football was ruled an unlawful restraint of trade under the Sherman Antitrust Act. By striking down that centralized control, the Court allowed schools and conferences to negotiate their own TV deals. This market-driven approach dramatically expanded televised games, boosted revenues, and changed how rights are negotiated—moving from a single national package to a proliferation of conference- and school-based agreements. The other cases involve different legal issues (baseball antitrust, Title IX funding, gender equity in athletics) and do not explain this shift in college football TV rights.

5. Which organization founded by Billie Jean King in 1974 aimed to elevate women's sports?

- A. Cohen v Brown University (1995)**
- B. Murphy v NCAA (2018)**
- C. Virginia Slims Tour (1970)**
- D. Women's Sports Foundation (1974)**

Advancing women in sport often requires intentional organized support—funding, research, and advocacy that expand opportunities and visibility. Billie Jean King answered this need by founding the Women's Sports Foundation in 1974, a nonprofit dedicated to elevating women's sports. Its mission is to increase participation and leadership for girls and women in athletics through grants, programs, and research, helping to address barriers like access, funding, and media coverage. That focus and the specific founding year make it the best answer, because the foundation was created precisely to promote equality and opportunity in sports. The other options refer to different developments rather than the creation of an advocacy organization in 1974. Cohen v Brown University (1995) and Murphy v NCAA (2018) are legal cases about Title IX and gender equity, not a foundation started to advance women's sports. The Virginia Slims Tour (1970) was a circuit to promote women's professional tennis, but it was not an organization founded in 1974 by Billie Jean King.

6. Which Olympics were dominated by American athletes despite a Soviet-led boycott?

- A. 1984 Los Angeles Olympics**
- B. 1968 Mexico City Olympics**
- C. 1980 Moscow Olympics boycott**
- D. Munich Olympics 1972/Black September**

The idea this question tests is how political boycotts can reshape which nations dominate Olympic competition. In the 1984 Los Angeles Games, the Soviet Union and many of its allies abstained in response to Western actions, creating a field where American athletes faced less competition from those powerhouse programs. As a result, the United States topped the medal tally with standout performances from stars like Carl Lewis in track and field and Mary Lou Retton in gymnastics, showing strong national teams succeeding when key rivals were absent. Other options refer to events without a Soviet-led boycott or involve boycotts by the United States itself, so they don't fit the described scenario. Thus, the Los Angeles Games of 1984 best fit.

7. What is the common name for the 1919 World Series bribery scandal?

- A. Hans Niemann/Chess cheating scandal**
- B. CCNY Beavers**
- C. Arnold Rothstein/Black Sox scandal**
- D. Astros sign-stealing scandal**

The main idea here is recognizing the famous bribery case in baseball history from the 1919 World Series, known as the Black Sox scandal. The best answer links the organizer to the event: Arnold Rothstein/Black Sox scandal. Arnold Rothstein was a powerful gambler who financed the scheme, and his name is closely tied to the scandal as the mastermind behind the bribery that aimed to throw the series. The term "Black Sox scandal" is the standard label used to describe what happened, so pairing Rothstein with the Black Sox scandal gives you the most accurate and widely recognized identification of both the person and the event. This naming helps you recall both the who and the what: a fraudulent plot involving members of the Chicago White Sox during a World Series, prompted by money from gamblers, with far-reaching consequences like player bans and the creation of the MLB commissioner's role to safeguard integrity. The other options refer to scandals in different sports or eras, so they don't fit the 1919 World Series context.

8. Who was the labor organization leader who helped bring about free agency for athletes, changing baseball's economic and power structures?

- A. Pete Rose**
- B. Tammy Thompson**
- C. Marvin Miller**
- D. Olympia (1936)**

The key idea here is labor leadership that transformed how players are compensated and governed in baseball. Before free agency, players were tightly bound by the reserve clause, which kept salaries low and limited their ability to switch teams. The modern shift came from the efforts of the MLB Players Association under its leader, Marvin Miller. As executive director, Miller fought to empower players, culminating in the breakthrough that led to free agency after the landmark arbitration decisions in the 1970s. This change allowed players to sign with other teams once they reached certain service thresholds, creating real market competition for talent and shifting economic and power dynamics away from teams toward the players. Pete Rose is a famed player, not a labor leader; the others listed aren't known for steering this pivotal labor change.

9. What was the name of the doping program associated with steroids that looked like vitamins and was used by the East German swim team?

- A. BALCO**
- B. World Anti-Doping Agency (WADA)**
- C. East German doping program**
- D. Mitchell Report**

State-sponsored doping in sports used by East Germany is the focus here. During the Cold War, East German authorities ran a systematic program to boost medal counts by providing anabolic steroids to athletes, including swimmers, and sometimes hiding them as vitamin-like pills to avoid scrutiny. This organized effort, carried out across various sports, illustrates how a government used specialized medical and coaching networks to distribute performance enhancers. The label that best fits this scenario is the East German doping program, because it directly describes a state-backed initiative aimed at improving athletic performance through controlled use of steroids disguised as vitamins. Other options point to different contexts: BALCO is a later U.S. doping scandal, WADA is the global anti-doping body, and the Mitchell Report focuses on steroid use in Major League Baseball.

10. Which American track and field star won four gold medals at the 1936 Olympic Games?

A. Jesse Owens

B. Carl Lewis

C. Usain Bolt

D. Michael Phelps

The main idea is recognizing an athlete who dominates multiple events at a single Olympic Games. At the 1936 Berlin Games, Jesse Owens captured four gold medals—winning the 100 meters, the 200 meters, the long jump, and the 4x100 meter relay. This level of versatility and consistency across sprinting, a field event, and a relay showcases an exceptional peak performance and makes Owens' achievement iconic in track and field history. The other names cited are famous athletes from later periods or different sports, not the American track star who swept four golds in Berlin.

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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://keyeventsfiguresinsportshist.examzify.com>

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

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