

SOCIOLOGY OF SPORT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 does 'sportization' of culture mean, and how does it shape cultural practices?**
 - A. The process of professionalizing sport through corporate sponsorships.
 - B. The blending of sports with fashion and music.
 - C. The decline of traditional games in modern society.
 - D. The process by which cultural practices are codified into organized sport, altering how activities are framed, practiced, and valued.
- 2. Which of the following theories used in sport sociology is more likely to defend the status quo rather than propose changes?**
 - A. Feminist
 - B. Conflict
 - C. Functionalist
 - D. Critical
- 3. Which of the following are three areas of study by sociologists?**
 - A. Sociology, Anthropology, and Economics
 - B. Sociology of Sport, Philosophy, and Law
 - C. Sociology, Sociology of Sport, and Socialization
 - D. Socialization, Education, and Psychology
- 4. How can sport policy address health disparities and access to physical activity?**
 - A. By funding exclusive elite programs and limiting facilities.
 - B. By focusing solely on professional sport development.
 - C. By funding inclusive programs, removing structural barriers, improving facilities, and encouraging community-based participation.
 - D. By eliminating community recreation centers.
- 5. Which statement about the profitability and revenue streams is supported by the material?**
 - A. TV rights are insignificant.
 - B. Athletic departments rely only on ticket sales.
 - C. TV rights are a major revenue source along with other streams.
 - D. Profits come solely from ticket sales.

6. A social class is defined by position in society based on socioeconomic level.

- A. Not necessarily
- B. True
- C. Depends on context
- D. False

7. What are three agents of socialization?

- A. Parents, Culture, Friends
- B. Media, Law, Government
- C. Technology, Law, Religion
- D. Economy, Market, Finance

8. Which statement best reflects the functionalist view of the role of sport in society?

- A. It argues sport undermines social order by challenging norms.
- B. It views sport as promoting social cohesion, reinforcing shared values, and serving as a legitimate outlet for social integration and role allocation.
- C. It claims sport creates economic disparities without social benefits.
- D. It suggests sport is primarily a private leisure activity with no social function.

9. What is hegemonic masculinity and how does it manifest in sport?

- A. A form of femininity that encourages cooperation.
- B. A culturally dominant form of masculinity emphasizing toughness and aggression; shapes norms and can marginalize non-masculine performances.
- C. It refers to legal frameworks governing athletic participation.
- D. It describes international monetary policy in sports funding.

10. In evaluating athletic department funding, which statement is true?

- A. They receive no student funding.
- B. They are funded entirely by student fees.
- C. They are often supported wholly or in part by student fees.
- D. They are funded primarily through state subsidies.

Answers

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

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Explanations

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1. What does 'sportization' of culture mean, and how does it shape cultural practices?

- A. The process of professionalizing sport through corporate sponsorships.
- B. The blending of sports with fashion and music.
- C. The decline of traditional games in modern society.

D. The process by which cultural practices are codified into organized sport, altering how activities are framed, practiced, and valued.

Sportization of culture is the process by which cultural practices are codified into organized sport, which changes how those activities are framed, practiced, and valued. When a cultural activity is formalized into sport, it gets rules, governing bodies, standardized formats, and official competition. This shifts the meaning from informal, local, or ritualized engagement to performance-oriented participation with clear criteria for success and pathways for training and advancement. As a result, the activity is practiced in more standardized ways, with emphasis on evaluation, records, and public visibility. It also alters what the practice is worth in social terms—its legitimacy, prestige, and the resources it can attract—often shaping identities and social meanings around it. While sponsorship and crossovers with fashion or music can accompany sportization, the defining feature is turning cultural practices into organized sport and the subsequent reframing of how they are done and why they matter.

2. Which of the following theories used in sport sociology is more likely to defend the status quo rather than propose changes?

- A. Feminist
- B. Conflict
- C. Functionalist**
- D. Critical

Whether a sport sociological theory defends the existing social order or pushes for change is what this item is about. The functionalist view treats sport as a mechanism that maintains social stability, cohesion, and shared norms. It emphasizes how sport mirrors and legitimizes current social arrangements, rewarding merit and upholding roles and hierarchies in a way that preserves continuity. Because of this focus on balance and the preservation of social structures, functionalism tends to justify the status quo rather than advocate for sweeping transformation. In contrast, feminist, conflict, and critical theories foreground unequal power relations and critique underlying structures. Feminism highlights gendered inequality and pushes for changes in sport and society; conflict theory emphasizes how power and resources are distributed unfairly and seeks to challenge those distributions; critical theory interrogates ideology to promote emancipation from domination. These perspectives are more oriented toward critique and reform, not defense of the existing order. So the functionalist perspective is the one most likely to defend the status quo.

3. Which of the following are three areas of study by sociologists?

- A. Sociology, Anthropology, and Economics
- B. Sociology of Sport, Philosophy, and Law
- C. Sociology, Sociology of Sport, and Socialization**
- D. Socialization, Education, and Psychology

Sociology studies how people relate in groups and how institutions shape behavior, and it includes both broad field work, specialized subfields, and the processes that transmit social norms. The best choice captures that mix: sociology as the general discipline, the sociology of sport as a focused subfield that analyzes sport as a social institution, and socialization as a central process through which individuals learn and adopt societal norms. Together, these three areas illustrate how sociologists approach the study of society from a broad perspective, a targeted domain within it, and the ongoing processes that connect individuals to social structures. The other options mix disciplines outside sociology or pair items that aren't all central areas sociologists study in the same sense.

4. How can sport policy address health disparities and access to physical activity?

- A. By funding exclusive elite programs and limiting facilities.
- B. By focusing solely on professional sport development.
- C. By funding inclusive programs, removing structural barriers, improving facilities, and encouraging community-based participation.**
- D. By eliminating community recreation centers.

Addressing health disparities through sport policy means expanding who can participate and removing the obstacles that keep people from being active. The best approach funds inclusive programs, removes structural barriers, improves facilities, and promotes community-based participation because it tackles both access and quality of opportunities to be active. Inclusive programs ensure people of different incomes, ages, abilities, and cultural backgrounds can join, while removing barriers tackles costs, transportation, scheduling, and discrimination. Improving facilities makes spaces safe, welcoming, and accessible, which is essential for sustained participation. Encouraging community-based participation leverages local networks and supports programs that fit the specific needs of nearby residents. Together, these elements create pathways for more people to be active, helping to reduce health disparities. Choices that focus on elite programs, professional development alone, or eliminating community recreation centers would likely worsen inequities by limiting access rather than expanding it.

5. Which statement about the profitability and revenue streams is supported by the material?

- A. TV rights are insignificant.
- B. Athletic departments rely only on ticket sales.
- C. TV rights are a major revenue source along with other streams.**
- D. Profits come solely from ticket sales.

Profitability in sports programs comes from multiple revenue streams, not just one. TV rights contracts provide a large, relatively stable income that supports programs beyond what ticket sales alone can generate. When you combine TV rights with other streams such as sponsorships, merchandise, conference distributions, and gate receipts, the overall revenue base becomes diversified and stronger. This is why the statement that TV rights are a major revenue source along with other streams best fits the material. The other ideas don't fit as well because TV rights aren't insignificant; athletic departments typically rely on more than ticket sales, and profits aren't driven solely by ticket revenues.

6. A social class is defined by position in society based on socioeconomic level.

- A. Not necessarily
- B. True**
- C. Depends on context
- D. False

Understanding how social class is defined helps you see why this statement is considered true. In sociology, social class is seen as a position in the social order that mainly stems from socioeconomic status. That status comes from a combination of income, education, and occupation, which together shape a person's access to resources, opportunities, and life chances. For example, higher education often leads to higher-status occupations and greater earnings, which in turn provide better housing, healthcare, networks, and influence. These differences create the stratified layers—upper, middle, working, and lower classes—within a society. There are nuances—some theories also consider prestige, cultural capital, or local context—but the standard way class is defined in sociology centers on SES and relative position in the social hierarchy. So, the statement is true.

7. What are three agents of socialization?

- A. Parents, Culture, Friends**
- B. Media, Law, Government
- C. Technology, Law, Religion
- D. Economy, Market, Finance

Agents of socialization are the groups and forces that transmit norms, values, and expectations of a society to individuals. The best combination here includes parents, culture, and friends. Parents shape the initial lessons—language, manners, basic values—right from the home. Culture provides the broad environment of shared meanings, norms, and practices that guide behavior across everyday life. Friends become especially influential during childhood and adolescence, shaping tastes, identities, and social behavior through peer interaction and acceptance. While media, law, government, technology, religion, and economic structures can influence socialization, they don't collectively capture the everyday, foundational flow of learning that these three represent: early family socialization, the overarching cultural context, and peer shaping during formative years.

8. Which statement best reflects the functionalist view of the role of sport in society?

- A. It argues sport undermines social order by challenging norms.
- B. It views sport as promoting social cohesion, reinforcing shared values, and serving as a legitimate outlet for social integration and role allocation.**
- C. It claims sport creates economic disparities without social benefits.
- D. It suggests sport is primarily a private leisure activity with no social function.

In the functionalist view, sport is a social institution that helps hold society together by promoting cohesion and reinforcing shared values. Organized sport creates collective experiences and rituals that bring players, fans, and communities into a common sense of belonging, strengthening social solidarity. The rule-governed nature of sport teaches discipline, fair play, and respect for authority, which supports social order by aligning individual behavior with widely accepted norms. Sport also functions as a legitimate outlet for social integration and role allocation: it helps identify talent, rewards achievement, and assigns roles and status within teams and communities, thereby contributing to the stability and smooth operation of the social system. For example, school or community sports can build group identity and illustrate how cooperation, competition, and leadership are valued and rewarded, reinforcing how society organizes and recognizes contributions. Other views might emphasize sport as a challenge to norms, or as a driver of inequality or as mere private leisure, but the functionalist lens highlights its role in fostering unity, shared values, and orderly social placement.

9. What is hegemonic masculinity and how does it manifest in sport?

- A. A form of femininity that encourages cooperation.
- B. A culturally dominant form of masculinity emphasizing toughness and aggression; shapes norms and can marginalize non-masculine performances.**
- C. It refers to legal frameworks governing athletic participation.
- D. It describes international monetary policy in sports funding.

Hegemonic masculinity in sport is about the culturally dominant form of masculinity that sets the standard for what counts as "manly" in a given context. In sport, this manifests as an emphasis on toughness, aggression, competitiveness, emotional restraint, and heterosexual norms. That standard shapes what behaviors, bodies, and performances are celebrated, rewarded, or seen as legitimate, while simultaneously marginalizing those who don't fit the ideal—such as athletes who are quieter, more collaborative, or who deviate from stereotypical masculine displays. This concept helps explain why certain athletes gain status and authority while others are sidelined, and why sport cultures often reward risk-taking, visible physical dominance, and the ability to persevere through pain. It's reinforced by institutions, media portrayals, and governance in sport, which continually reproduce the idea that "real" athletes embody toughness and control. The other options miss this core point: they don't capture the power dynamics and norm-setting of masculinity in sport, and they address unrelated themes like femininity as a form, legal frameworks, or monetary policy.

10. In evaluating athletic department funding, which statement is true?

- A. They receive no student funding.
- B. They are funded entirely by student fees.
- C. They are often supported wholly or in part by student fees.
- D. They are funded primarily through state subsidies.

When evaluating how athletic departments are funded, the key idea is that funding typically comes from multiple sources, with student fees often contributing a noticeable portion. The statement that they are often supported wholly or in part by student fees best captures this reality: student fees frequently help cover operating costs, scholarships, and facilities, alongside other revenue like ticket sales, media rights, sponsorships, and donations. It's not accurate to say there is no student funding or that funding comes entirely from student fees, and it's also an overstatement to claim state subsidies are the primary source in most cases. The realistic pattern is a mix, with student fees playing a significant but not exclusive role.

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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://sociologyofsport.examzify.com>

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

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