

SPORTS STUDIES – NCAA, YOUTH SPORTS, AND SPORT PSYCHOLOGY PRACTICE TEST (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. Which biomechanical change is associated with swimming turns?**
 - A. Fosbury Flop
 - B. Breaststroke
 - C. Glide Turn
 - D. Flip Turn
- 2. How are most school sports regulated and classified?**
 - A. By age and grade level
 - B. By district policy only
 - C. By state level and based on school enrollment
 - D. By school colors and mascot
- 3. Which NCAA division is commonly associated with full athletic scholarships?**
 - A. Division III
 - B. Division II
 - C. Division I
 - D. NAIA
- 4. Which two organizations dominate governance of intercollegiate sport?**
 - A. NCAA and NFHS
 - B. NCAA and IOC
 - C. NAIA and NFHS
 - D. NCAA and NAIA
- 5. Which description correctly defines biomechanics?**
 - A. The study of energy systems in exercise
 - B. The study of body movements using mechanical principles
 - C. The study of brain activity during sport
 - D. The study of mechanical laws relating to movement
- 6. Drug testing in athletics is related to which constitutional amendment?**
 - A. First Amendment
 - B. Third Amendment
 - C. Fifth Amendment
 - D. Fourth Amendment

- 7. What is the primary purpose of the NCAA Eligibility Center?**
- A. To determine whether prospective student-athletes meet NCAA initial-eligibility and amateurism standards for Division I and II participation.
 - B. To certify financial aid packages for student-athletes.
 - C. To select schools for student-athletes based on athletic potential.
 - D. To set rules for postseason eligibility.
- 8. Which area in kinesiology examines how to teach and coach athletes effectively?**
- A. Motor Development
 - B. Sports Marketing
 - C. Exercise Physiology
 - D. Pedagogy
- 9. Which competition is for athletes w/ mental disabilities who are at least 8 years old?**
- A. Invictus Games
 - B. Special Olympics
 - C. Paralympics
 - D. World Games
- 10. What events are for athletes with physical, visual, or mental disabilities and use the same venues as the Olympics?**
- A. Special Olympics
 - B. Paralympics
 - C. Invictus Games
 - D. World Games

Answers

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

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Explanations

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1. Which biomechanical change is associated with swimming turns?

- A. Fosbury Flop
- B. Breaststroke
- C. Glide Turn
- D. Flip Turn**

Turning in swimming relies on a rapid change in body orientation to redirect momentum at the wall. The flip turn does this by a quick forward somersault, tucking the body so the feet reach the wall and a tight, streamlined push-off follows. This sequence preserves speed and minimizes drag, which is why it's the key biomechanical change associated with swimming turns. The other options don't capture that rotational reversal: the Fosbury Flop is a high-jump technique, breaststroke is a stroke style, and a glide turn doesn't emphasize the dynamic somersault and explosive push-off that characterizes a fast turn.

2. How are most school sports regulated and classified?

- A. By age and grade level
- B. By district policy only
- C. By state level and based on school enrollment**
- D. By school colors and mascot

The main idea here is how school sports are governed and how teams are grouped for competition. In the United States, most school sports are regulated at the state level through state athletic associations. These bodies set eligibility rules, safety guidelines, and the criteria for dividing schools into competitive divisions. The divisions themselves are typically based on school enrollment, so programs of similar size compete against one another. This enrollment-based classification helps balance competition when schools have varying numbers of students and resources. That's why this option is the best answer: it captures both the state-level governance and the enrollment-based grouping that determines how schools are classified for play. District policies can influence local logistics and additional rules, but they don't provide the overarching framework used across schools in a state. School colors and mascots are branding elements and do not govern regulation or competition structure.

3. Which NCAA division is commonly associated with full athletic scholarships?

- A. Division III
- B. Division II
- C. Division I**
- D. NAIA

In NCAA divisions, the amount and availability of athletic scholarships vary by level. Division I programs are the ones most commonly associated with full athletic scholarships, especially in football and basketball, because these schools typically have larger budgets and use substantial aid to attract top talent. In many sports, even within Division I, aid is often awarded as an equivalency, meaning the available scholarship money can be divided among several athletes, so not every player may receive a full ride. By contrast, Division II typically offers athletic scholarships too, but these are usually partial amounts, and Division III does not award athletic scholarships at all (athletic aid isn't provided as part of a sports scholarship). NAIA is a separate governing body from the NCAA, with its own scholarship practices, so it's not the NCAA division that's being referenced here. Therefore, Division I is the best match for full athletic scholarships.

4. Which two organizations dominate governance of intercollegiate sport?

- A. NCAA and NFHS
- B. NCAA and IOC
- C. NAIA and NFHS
- D. NCAA and NAIA**

Governing intercollegiate sport in the United States is handled mainly by two organizations that set rules, eligibility, and national championships for college programs. The NCAA is the largest and oversees a wide range of schools across its divisions, establishing the standards that most major colleges follow. The NAIA serves a substantial number of smaller colleges with its own eligibility rules and national championships. Together, they provide the central governance framework for college athletics. The NFHS governs high school sports, not collegiate athletics, and the IOC oversees international Olympic competition, not U.S. college sports. So the two dominant bodies are the NCAA and the NAIA.

5. Which description correctly defines biomechanics?

- A. The study of energy systems in exercise
- B. The study of body movements using mechanical principles
- C. The study of brain activity during sport
- D. The study of mechanical laws relating to movement**

Biomechanics is about applying the laws of mechanics to living bodies to understand how movement happens. It looks at forces, torques, momentum, and energy to explain why joints move the way they do, how athletes generate power, and how the body optimizes motion. This description fits best because it centers on using mechanical laws to interpret movement in biological systems—the heart of what biomechanics studies. For example, when a sprinter pushes off the ground, Newton's laws relate the ground reaction force to the acceleration of the body, while lever arms at the joints determine how effectively that force becomes forward motion. This kind of analysis, using the fundamental mechanical laws, is the hallmark of biomechanics. The other options touch on related areas—like energy systems or brain activity—but they describe physiology or neuroscience rather than the mechanical analysis of movement itself.

6. Drug testing in athletics is related to which constitutional amendment?

- A. First Amendment
- B. Third Amendment**
- C. Fifth Amendment
- D. Fourth Amendment

Drug testing in athletics hinges on privacy rights and government authority to conduct searches. The key idea is the Fourth Amendment, which protects people from unreasonable searches and seizures by the government. A drug-test program counts as a search of a person or their bodily samples, so courts ask whether it's reasonable in scope and justified by a legitimate objective—like safety, integrity of competition, and drug prevention. In settings involving public institutions, such as schools or state-funded athletic programs, courts have allowed certain testing policies when the balance favors the program's interests and the privacy intrusion is minimized. The Third Amendment, which concerns quartering soldiers, isn't about searches or privacy in this context, so it isn't the basis for drug-testing questions.

7. What is the primary purpose of the NCAA Eligibility Center?

- A. To determine whether prospective student-athletes meet NCAA initial-eligibility and amateurism standards for Division I and II participation.
- B. To certify financial aid packages for student-athletes.
- C. To select schools for student-athletes based on athletic potential.
- D. To set rules for postseason eligibility.

The main idea here is how the NCAA checks a prospective student-athlete's readiness to participate. The primary purpose of the NCAA Eligibility Center is to determine whether an incoming student-athlete meets NCAA initial-eligibility requirements and amateurism standards for Division I and II participation. It evaluates academic qualifications (like core high school courses and GPA) and amateur status through submitted transcripts, test scores, and related documentation so schools know if a student can compete. This center does not certify financial aid packages, does not select schools for athletes, and does not set postseason eligibility rules.

8. Which area in kinesiology examines how to teach and coach athletes effectively?

- A. Motor Development
- B. Sports Marketing
- C. Exercise Physiology
- D. Pedagogy

Teaching and coaching athletes effectively rests on pedagogy—the study and practice of how to organize, deliver, and adapt instruction to help learners acquire skills and knowledge. In kinesiology, pedagogy covers instructional strategies, lesson design, feedback, demonstrations, practice structure, and ways to assess progress, all tailored to how athletes learn best. This focus on teaching methods and learning processes is what makes pedagogy the best fit for explaining how to coach effectively. Other areas explore how movement develops over time (motor development), how the body responds to exercise (exercise physiology), or how sports programs are promoted (sports marketing), but they don't center on teaching methods and coaching effectiveness the way pedagogy does.

9. Which competition is for athletes w/ mental disabilities who are at least 8 years old?

- A. Invictus Games
- B. Special Olympics
- C. Paralympics
- D. World Games

When thinking about competitions for athletes with intellectual disabilities, the program designed for that group and age range is Special Olympics. It specifically serves athletes with intellectual or developmental disabilities and welcomes competitors starting at age eight, offering many sports and levels of competition from local to world events. The other options serve different populations: Invictus Games are for wounded, injured, or ill military personnel; Paralympics focus on physical (and some sensory) disabilities rather than intellectual disabilities; and the World Games feature non-Olympic sports and do not target intellectual disabilities. That focus on intellectual disability and the minimum age of eight makes Special Olympics the best fit.

10. What events are for athletes with physical, visual, or mental disabilities and use the same venues as the Olympics?

A. Special Olympics

B. Paralympics

C. Invictus Games

D. World Games

This is about the event that brings together athletes with disabilities and uses the same venues as the Olympic Games—the Paralympics. The Paralympics are designed for athletes with physical, visual, or intellectual disabilities, and they are organized to fit the same host city and many of the same venues as the Olympics, typically in the same year and in coordination with the Olympic Movement. Special Olympics serves athletes with intellectual disabilities as well, but it operates as a separate program with its own venues and schedule. Invictus Games focus on wounded, ill, and injured military personnel, not on the broader disability categories used in the Paralympics. The World Games feature sports not currently in the Olympic program and are not tied to disability classifications.

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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://sportsstudiesmcaayouthpsych.examzify.com>

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

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