

# Test Bank for Foundations of Physical Education Exercise Science and Sport 21st Wuest

TEST BANK SAMPLE PREVIEW

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# Foundations of Physical Education, Exercise Science, and Sport Author: Wuest Edition: 21e

CORRECT ANSWERS ARE  
LOCATED IN THE 2ND HALF OF  
THIS DOC.

**TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.**

- 1) Philosophy is a system of values by which one lives and works.
  - ☐ true
  - ☐ false
- 2) According to the philosophy of pragmatism, ideals or realities are the basis of truth.
  - ☐ true
  - ☐ false
- 3) John Dewey, an American philosopher, viewed educational activities as contributing only to the development of the mind, not the total person.
  - ☐ true
  - ☐ false
- 4) The acquisition of knowledge and the development of intellectual skills are the focus of the affective domain.
  - ☐ true
  - ☐ false
- 5) Taxonomies serve as a guide for professionals in planning for learning outcomes and achievement of the desired goals.
  - ☐ true
  - ☐ false

- 6) Assessment is the process of gathering information to learn what participants know and are able to do, in order to determine their progress toward achievement of goals and objectives.
  - ☐ true
  - ☐ false
- 7) Monism is the belief that the mind and the body are separate entities.
  - ☐ true
  - ☐ false
- 8) Some of the main purposes of assessment are diagnosis, placement, monitoring of progress, determination of achievement, and evaluation of instructor effectiveness.
  - ☐ true
  - ☐ false
- 9) Goals primarily state short-term outcomes to be achieved by participants in a physical education program.
  - ☐ true
  - ☐ false

**MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.**

- 10) \_\_\_\_\_ is the branch of philosophy that focuses on the examination of ideas in an orderly and systematic way.
  - A) Logic
  - B) Metaphysics
  - C) Epistemology
  - D) Axiology

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- 11) An exercise physiologist who carefully evaluates scientific evidence to understand the contribution of different types of physical activity to health believes in the philosophy of
- A) idealism.
  - B) humanism.
  - C) pragmatism.
  - D) realism.
- 12) \_\_\_\_\_ is a philosophy that emphasizes the use of the scientific method to arrive at the truth.
- A) Idealism
  - B) Realism
  - C) Pragmatism
  - D) Naturalism
- 13) \_\_\_\_\_ is the systematic and reflective study of the truth, meanings, and actions of sport.
- A) Exercise physiology
  - B) Modern philosophy
  - C) Sport philosophy
  - D) Sport sociology
- 14) In the context of physical education, the \_\_\_\_\_ domain of learning includes the promotion of values, the fostering of social skills, and the enhancement of emotional development.
- A) affective
  - B) psychomotor
  - C) biological
  - D) cognitive
- 15) \_\_\_\_\_ are statements of purposes, intents, and aims that reflect desired accomplishments.
- A) Directives
  - B) Mission statements
  - C) Objectives
  - D) Goals
- 16) In the context of learning domains in physical education, exercise science, and sport, under which of the following domains can learning the different strategies used to score a goal in football be categorized?
- A) the affective domain
  - B) the cognitive domain
  - C) the psychomotor domain
  - D) the social domain
- 17) In the context of learning domains in physical education, exercise science, and sport, during a basketball game, helping an opposing player get up off the floor after a charging foul is an action related to the \_\_\_\_\_ domain.
- A) affective
  - B) cognitive
  - C) psychomotor
  - D) psychodynamic

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- 18) Which of the following objectives of physical education, exercise science, and sport is fulfilled when a participant demonstrates the proper technique in executing a tennis forehand?
- A) the physical fitness development objective
  - B) the affective development objective
  - C) the cognitive development objective
  - D) the motor skill development objective
- 19) In the context of learning domains in physical education, exercise science, and sport, which of the following learning domains is concerned with the promotion of a positive self-concept and the enhancement of feelings of self-worth and self-respect?
- A) the affective/social domain
  - B) the cognitive domain
  - C) the physical fitness domain
  - D) the psychomotor domain
- 21) Explain the purposes and the significance of assessment in physical education, exercise science, and sport.
- 22) In the context of the mind-body relationship, briefly explain the concepts of dualism and monism.
- 23) Define and describe the cognitive, affective, and psychomotor domains of learning. Provide two examples of each, explaining how they can be put into practice.

**SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.**

- 20) Compare the characteristics of physical education, exercise science, and sport programs guided by each of the major philosophies: idealism, realism, pragmatism, naturalism, existentialism, and humanism.

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## Answer Key

Test name: CH02

- 1) TRUE
- 2) FALSE
- 3) FALSE
- 4) FALSE
- 5) TRUE
- 6) TRUE
- 7) FALSE
- 8) TRUE
- 9) FALSE
- 10) A
- 11) D
- 12) B
- 13) C
- 14) A
- 15) D
- 16) B
- 17) A
- 18) D
- 19) A
- 20) Short Answer  
Answers will vary.
- 21) Short Answer  
Answers will vary.
- 22) Short Answer  
Answers will vary.
- 23) Short Answer  
Answers will vary.

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