

Name:

Date: ___/___/___

Class: ___ A/B

Ch. 5: The Psychology of Injury
REVIEW QUESTIONS

1. Briefly define several of the personality variables described in the chapter.
2. Discuss the relationship between an athlete's self-concept and the risk of sports injury.
3. Describe briefly the relationship between psychosocial variables and the risk of sports injury.
4. List several sports in which adolescent athletes routinely achieve national-championship status. Discuss the possible relationship between this high level of competitive stress and the psychology of the adolescent athlete.
5. Discuss the psychological impact of a sports injury on an athlete in terms of the stress model shown in the chapter.
6. List the recommended guidelines for dealing with an injured athlete.
7. Define both anorexia nervosa and bulimia nervosa.
8. True or False: Recent research found that 70% of those reporting pathogenic eating behaviors felt such practices were harmless.
9. List several common forms of pathogenic eating behaviors found to be practiced by athletes.

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10. List five common signs or behaviors that may indicate the development of an eating disorder.

11. Define the acronym SAD and discuss its implications for competitive athletes.

12. True or False: High levels of stress in athletes can result in physical fatigue as well as reduced peripheral vision.

13. What is a stressor?

14. True or False: An athlete that is experiencing significant personal changes, especially those seen as negative, is thought to have a decreased chance of injury.

15. Are bulimia nervosa and anorexia nervosa on the increase or decrease in the athletic community? Which is more prevalent?

16. Which sport receives the most attention with regard to pathogenic eating in male athletes?

17. What percentage of diagnosed eating disorder cases do males comprise?

18. What are some of the physical and psychological problems associated with both anorexia and bulimia?

19. How can coaches assist in the prevention of eating disorders?

20. How are eating disorders treated?