

Coaching Principles Test (2023/ 2024)

Questions and Verified Answers| 100% Correct

Q: The expectations of teachers and coaches can affect how athletes with low self-esteem tend to perform.

Answer: A

Choices:

- a. true
- b. false

Q: Typically, an athlete's peer group provides the most influence on the athlete's thinking and life choices when the athlete is in what stage of development?

Answer: C

Choices:

- a. preadolescence (9 to 10 years)
- b. early adolescence (11 to 14 years)
- c. middle adolescence (15 to 17 years)
- d. late adolescence (18 to 21 years)
- e. adulthood (21+ years)

Q: What should a coach do to more effectively coach athletes of varying cultural backgrounds?

Answer: A

Choices:

- a. Understand the athletes' cultural heritages and how they might influence his coaching.
- b. Expect all athletes to display the same emotions and attitudes.
- c. Ignore cultural differences among athletes.
- d. Avoid discussing prejudices with athletes.
- e. all of these

Usa Swimming Foundations Of Coaching Test Answers

Christian Drosten



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