

# Test Bank for Coach Education Essentials 1st Edition by Dieffenbach

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## COACH EDUCATION ESSENTIALS

*Your Guide to  
Developing Sport Coaches*

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# Test Bank

1. Many professions include this as part of their professional development.

- a. personal philosophies
- \*b. ethics education
- c. developing a code of ethics
- d. personal statements

2. Because of the complex nature of sport and a lack of training, \_\_\_\_\_ are not enough to regulate coach behaviors.

- \*a. codes of ethics
- b. governing bodies
- c. coaching philosophies
- d. best practices in sport

3. A coaching philosophy based on the coach's personal \_\_\_\_\_ will provide a guide for how to behave when confronted with tough decisions.

- a. coaching style
- b. orientation
- c. motivation
- \*d. values

4. The four elements of ethics that can be learned are \_\_\_\_\_.

Correct Answer:

ethical knowledge, critical thinking, awareness of personal belief system, and how to implement an ethical decision

5. The three phases of coaching philosophy development are \_\_\_\_\_.

Correct Answer:

exploring values, exploring the influence of the sport context, and connections to coaching behaviors