



# SPMT 319 Unit 3 Review

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What is the definition of health?	a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity
What is physical health?	the overall functioning of the body
What is social health?	a person's ability to interact, communicate, and build relationships with others
What is mental health?	a person's cognitive and mental functioning, such as self-esteem and confidence, ability to cope, etc.
What was the view of sport during the Muscular Christianity Movement?	sport was seen as a beneficial tool to develop physical and spiritual harmony
When did the Muscular Christianity Movement occur?	19th century, around the time of the industrial revolution
What were the criticisms of sport as a tool for health?	sport was used as a social control and to promote capitalism
What are some of the benefits of sport?	<ul style="list-style-type: none"><li>-fights obesity</li><li>-participating at a young age encourages it as you get older</li><li>-improved health</li><li>-decreased risk of poor health behavior</li></ul>
What are some of the criticisms, or negative sides of sport?	<ul style="list-style-type: none"><li>-overtraining and injury</li><li>-athletes playing injured</li><li>-burnout</li><li>-eating disorders</li><li>-unhealthy interactions among fans</li></ul>
What populations are at a higher risk of having poor health?	lower socio-economic status, racial minorities, women, people with disabilities, and senior citizens
Why do some populations have poorer health than others?	less access to sport opportunities
Sport can be a very effective vehicle for _____	socialization
What are some of the factors that influence sport socialization?	family, friends and peers, coaches, teachers, media, celebrities, environment
Children are most influenced by?	those they interact with daily
What are some ways youth sport participation can be increased?	<ul style="list-style-type: none"><li>-more recreational teams instead of just competitive</li><li>-limiting specialization</li><li>-creating education programs to teach sport skills</li><li>-being inclusive</li><li>-reducing financial barriers</li><li>-reducing excessive violence</li><li>-creating coaching programs</li></ul>
What is sport specialization?	when a child participates only in one sport in order to become elite
What are some financial barriers to sport?	entry fees, participation fees, equipment costs, travel
What is deviance?	Behavior that violates the standards of conduct or expectations of a group or society
What is a norm?	something that is usual, typical, or standard. A shared expectation of right and wrong
What is the "sport ethic?"	extreme sacrifice and dedication to sport
What is the typical mentality of a coach or athlete?	Winning at all costs, "winning isn't everything, it is the only thing"
What is the absolutist theory?	There is a standard right and wrong, and anything that isn't right is deviant
What is the constructionist theory?	actions and behaviors fall on a curve, and there is a gray area of what is right and wrong
What is under-conformity?	not following the rules/standards - cheating, use of performance enhancers, violence
What is over-conformity?	Following the rules to an extreme - training too much
What is aggression?	verbal or physical actions intended to intimidate, dominate, or control



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What is violence?	use of excessive force which causes, or could likely cause, harm
What is brutal body contact?	acceptable violence in sports; heavy but not excessive hits
What is borderline violence?	hard or rough plays that most likely result in a penalty
What is criminal violence?	excessive physical violence that goes beyond what is acceptable in sport, to the degree that law enforcement gets involved
What are the reasons for deviance in sport?	<ul style="list-style-type: none"> <li>-entertainment</li> <li>-media attention to hard hits/rough plays</li> <li>-amount of money involved in sport</li> </ul>
In many sports, aggression and violence are _____	"part of the game"
Why is it difficult to study deviance in sport?	Because actions accepted in sport may not be in society
What are the consequences of deviant behavior within sport?	penalties, fines, suspensions, etc.
How can we reduce deviant behavior in sport?	<ul style="list-style-type: none"> <li>-improve officiating</li> <li>-use replay</li> <li>-clearer, safer rules</li> <li>-fines/suspensions</li> <li>-education</li> </ul>
What is religion?	a set of common beliefs and practices of a community; socially shared set of beliefs and rituals people use to give meaning to life
What is spirituality?	an individual's connection with things they think of as sacred - could be "God", a higher power, nature, etc.
What is sacred?	objects, symbols, ceremonies that are given meanings that connect them with supernatural forces
What is secular?	everyday cultural objects and activities; things of the physical world (material possessions)
What was the purpose of the original Olympic games?	a religious festival to honor the Greek gods, mostly Zeus
What was the most important sport to the Aztecs and Mayans?	Tlachtli - an ancient ball game similar to basketball and soccer
What element of Tlachtli was tied to religion?	human sacrifice
What did the Puritans believe about sport?	that it was evil because it distracted people from important things
What are the 3 biggest eastern religions?	Buddhism, Hinduism, and Shinto
What do Buddhism and Hinduism emphasize about sport?	that it is a discipline, and does not need to be based on competitive success
What does Shinto mean?	the way of the gods
There is a direct relationship between Shinto and _____	Sumo
What is the Islam view of sport?	if it is good/pleasing to Allah, then it is okay. It can be pleasing by being physically fit and active, but also displeasing by being distracting
How did Jews use sport?	to fit in to society
Who is one of the most famous Jewish athletes of all time?	Dodger pitcher Sandy Koufax
What do many Christians believe about sport?	it should be done with a purpose and be an example to others to share faith
What are the similarities of sport and religion?	<ul style="list-style-type: none"> <li>-buildings/places of gathering</li> <li>-authority/structure</li> <li>-events, rituals, and symbols celebrating shared values</li> <li>-heroes/legends</li> <li>-emotions and followers</li> <li>-distraction from societal problems</li> </ul>
What are the differences of sport and religion?	<ul style="list-style-type: none"> <li>-secular vs. sacred</li> <li>-nature of the experience</li> </ul>
What are some conflicts between sport and religion?	<ul style="list-style-type: none"> <li>-competing on a religious holiday</li> <li>-"religious" participants engaging in violent sports or deviance</li> <li>-self-promotion</li> </ul>



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How has Christianity seen potential in sport?

- a source of fellowship
- a way to strengthen beliefs
- a way to strengthen relationships with other believers

What sport organizations were created with a religious foundation?

YMCA, FCA, Athletes in Action