

Quiz Questions - **What to Know When Providing Therapy to Elite Athletes**

1. What makes a competent sports therapist?
 - a. Being a fan of sports
 - b. Personal lived experiences as an athlete
 - c. Training in psychological skills of athletes, in the well-being of athletes, in the systemic issues associated with sports organizations and in developmental and social aspects of sports participation.
 - d. The same skills as being a therapist for any population
2. What are the diagnoses that athletes are most likely to present with?
 - a. Adjustment disorders
 - b. Eating disorders
 - c. Substance use disorders
 - d. All of the above
3. What does working with a treatment team look like when working with athletes?
 - a. Being the lead contact person for the athletes training needs
 - b. Incorporating teammates and coaches into treatment plans
 - c. Interacting with coaches, teachers, nutritionists, & parents
 - d. Mental health is usually a private piece of an athlete's training
4. What are developmental factors that a therapist needs to take into account when working with elite athletes?
 - a. Creation of identity relative to sport and other age-related identity development
 - b. The amount of skill that the athlete has in comparison to their peers'
 - c. How successful the "investment phase" into the sport was for the athlete
 - d. Whether the athlete is participating for their pleasure or their parents'
5. Why is it important that therapists understand training periodization?
 - a. Athletes need to be able to work on mindset shifts when linear growth is not met
 - b. Microcycles, mesocycles, and macrocycles will bring unique emotional responses
 - c. Therapists should know when athletes are going to miss sessions for make up workouts
 - d. To time therapeutic interventions when athletes are in rest weeks
6. When athletes burnout, they should leave the sport
 - a. True
 - b. False
7. Athletes in team sports are more resilient to depression
 - a. True
 - b. False
8. What are included in social systems that create a more successful environment for elite athletes?
 - a. Coherent organisational culture, shared individual and team goals, support of sporting goals by the wider environment
 - b. Focus on long-term development rather than short-term success, clear pathways to reaching the next level of competition, integration of factors outside of the sport
 - c. Having role models with lived experience, strong competition in practices, opportunities to network with coaches at higher levels of competition
 - d. Opportunities for inclusion in a supportive training community, role models, support of sporting goals by the wider environment
9. What is work/life balance for elite athletes?
 - a. Athletes can easily incorporate non-athletic times into their lives
 - b. Most sport governing bodies have strict limits on the amount of clock time that an athlete can be training
 - c. Passive rest is a necessity for training
 - d. Rest time needs to be supportive of active time
10. The emotional response to athletic retirement is the same regardless of the type of retirement that an athlete is transitioning into:
 - a. True
 - b. False