



Quiz Answer Key

1. Which are **not** part of good sportsmanship? (Choose all that apply.)
 - a) playing fair
 - b) “win at any cost” attitude
 - c) following the rules of the game
 - d) excellent trash-talking skills
 - e) respecting the judgment of referees and officials
 - f) having a victory dance
 - g) treating opponents with respect
2. True or false: Student-athletes may enjoy more success at work, because a big part of learning good sportsmanship is learning to be respectful of others, including customers and coworkers.
3. Who needs to show good sportsmanship at athletic events? (Choose all that apply.)
 - a) players
 - b) cheerleaders
 - c) parents and other spectators
 - d) coaches
 - e) referees
 - f) a) only
 - g) a) and d) only
4. When it comes to losing, part of good sportsmanship means congratulating the winners.
5. Name two stress-busting techniques to try when sports pressure gets overwhelming:
Any two of the following: deep breathing, muscle relaxation, visualization, positive self-talk