

Teacher:
Grade:
Date: __/__/__



QUIZZ: How playing sports benefits your body ... and your brain

https://www.youtube.com/watch?v=hmFQqjMF_f0

Question 1. (1 point) - A high school coach observes that some of their athletes become discouraged after making mistakes during practice. To foster a more resilient attitude, the coach emphasizes the importance of continuous effort and improvement, rather than focusing solely on immediate results. What specific mindset, as described in the text, is the coach attempting to reinforce in the athletes through this approach?

- (A) A fixed mindset, which asserts that athletic abilities are inherent and cannot be significantly altered by training.
- (B) A competitive mindset, focused solely on outperforming opponents to achieve victory.
- (C) A growth mindset, where individuals believe they can improve through practice even if they can't do something initially.
- (D) A passive mindset, characterized by accepting current limitations without striving for betterment.
- (E) An outcome-oriented mindset, prioritizing the final result over the process of learning and development.

Question 2. (2 points) - A school administrator is developing a new physical education curriculum focused on holistic student development, aiming to integrate mental health support. Based on the text, describe how the release of endorphins during exercise contributes to both immediate and sustained positive mental states, and how this chemical response supports the broader goal of fostering a growth mindset in students.

Question 3. (1 point) - Consider a student who frequently faces setbacks in academic projects and struggles with self-doubt when encountering difficult tasks. Their counselor suggests joining a sports team to develop more robust coping mechanisms. How does participation in team sports contribute to a student's long-term resilience and ability to manage challenges, beyond just the physical benefits of exercise?

- (A) The constant pursuit of victory in competitive sports instills a relentless drive that translates to academic success.
- (B) The structured environment of team practices teaches strict discipline, directly improving time management for schoolwork.
- (C) Regular exposure to high-pressure game situations desensitizes students to stress, making academic tests seem less daunting.
- (D) The social approval gained from being part of a successful team boosts confidence, which then eliminates self-doubt in other areas of life.
- (E) Learning through failure in sports builds resilience and self-awareness, preparing students to manage academic, social, and physical hurdles.

Question 4. (2 points) - Imagine a high school student is preparing a presentation on the holistic benefits of participating in sports. Beyond the well-known physical advantages like bone strengthening and cholesterol reduction, explain two distinct psychological benefits that

team sports offer, as detailed in the text, and how these benefits contribute to a student's overall well-being.

Question 5. (2 points) - A parent is hesitant to encourage their child to join a sports team, concerned that their child might not enjoy the experience or find the right fit among the many options available. Drawing from the text, explain why it is important for individuals to explore different sports and how finding the right sport can maximize the benefits, even if it takes time.

Question 6. (1 point) - A high school student, struggling with feelings of isolation and finding it difficult to maintain a consistent exercise routine, is considering joining a school sports team. Based on the text, which of the following is the most significant additional benefit they would gain from team sports, beyond the general physical advantages of exercise?

- (A) The communal experience of a team fosters trust, interdependence, and shared goals, which can make consistent exercise easier to establish.
- (B) The intense physical demands of team sports guarantee a higher calorie burn compared to individual workouts, leading to faster fitness results.
- (C) Team sports provide more opportunities for leadership roles, which are crucial for college applications.
- (D) The competitive nature of team sports inherently motivates individuals to push their limits further than they would alone.
- (E) Participation in team sports automatically leads to improved academic performance due to enhanced brain function.

Question 7. (1 point) - A school board is reviewing the mental health benefits of extracurricular activities and notes that sports participation is frequently cited in research. According to the provided text, what specific long-term psychological benefit has school sport participation been shown to provide for students concerning mental health?

- (A) It guarantees complete immunity from all forms of anxiety and stress-related disorders throughout high school.
- (B) It significantly increases the production of serotonin, making students perpetually happy and emotionally stable.
- (C) It eliminates all instances of social anxiety by forcing students into constant group interactions.
- (D) School sport participation has been linked to a reduced risk of suffering from depression for up to four years.
- (E) It provides a complete substitute for professional psychological counseling for students experiencing emotional difficulties.

Answer Key

Question 1.

C

Answer Key: The coach is reinforcing a growth mindset, which is the belief that one can improve through practice even if initially unable to perform a task. This mindset is crucial for developing resilience and perseverance after making mistakes. It teaches athletes that effort leads to progress, fostering a positive attitude towards learning and challenges. This approach helps transform setbacks into opportunities for development.

Question 2.

Answer Key: During exercise, the brain releases endorphins, which are natural hormones that control pain and pleasure responses, leading to immediate feelings of euphoria or a 'runner's high.' Beyond this immediate effect, increased endorphins and consistent physical activity sharpen focus and improve mood and memory, contributing to sustained positive mental states. This positive feedback loop encourages continued engagement, reinforcing the belief that effort yields positive results. This directly supports a growth mindset by demonstrating that persistence and practice lead to tangible improvements in both physical and mental well-being.

Question 3.

E

Answer Key: Learning through failure in sports builds resilience and self-awareness, preparing students to manage academic, social, and physical hurdles. This transformative experience teaches students to cope with defeat and bounce back stronger. It instills a belief that setbacks are opportunities for growth, crucial for navigating life's challenges effectively. Thus, sports contribute significantly to long-term psychological robustness.

Question 4.

Answer Key: The text highlights two distinct psychological benefits. First, training with a good coach reinforces a growth mindset, teaching students that practice leads to improvement, even after initial struggles. Second, learning through failure builds resilience and self-awareness, enabling students to manage academic, social, and physical hurdles. These benefits equip students with essential mental tools for navigating life's challenges effectively and fostering overall well-being.

Question 5.

Answer Key: The text emphasizes that not everyone enjoys every sport, and finding the right fit can take time. It's important to explore different sports because when an individual finds a sport that matches their needs, they gain comprehensive benefits. These include being part of a supportive community, building confidence, exercising the body, nurturing the mind, and having fun. This personalized approach maximizes engagement and ensures the individual reaps the full physical, mental, and social advantages sports offer.

Question 6.

A

Answer Key: Team sports offer a communal experience, fostering trust, interdependence, and shared goals. This supportive environment makes it easier to establish a regular exercise habit, addressing consistency issues. Additionally, overcoming isolation through team bonding enhances overall well-being. These social and motivational aspects extend beyond mere physical activity benefits.

Question 7.

D

Answer Key: School sport participation has been specifically shown to reduce the risk of suffering from depression for up to four years. This long-term psychological benefit highlights sports' significant impact on mental health. It provides a protective factor against common mental health challenges among students. This makes sports a valuable component of a holistic well-being strategy.