

Overtraining Athletes

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LEARNING OBJECTIVES FOR:

OVERTRAINING ATHLETES: PERSONAL JOURNEYS IN SPORTS

After completing this course participants will be able to:

1. Identify the common training response of both athletes and coaches to illness, injury, and decreased performance.
2. Identify when research started to be done on overtraining.
3. Identify why it is difficult for coaches and athletes to monitor overtraining stress.
4. Identify the various terms used by researchers to describe overtraining.
5. Identify the term used to describe the recovery period of a training program.
6. Define the term burnout and explain how it is different from overtraining.
7. Explain why the term overtraining has a negative interpretation for coaches and athletes.
8. Identify the main sign that an athlete has overtrained.
9. Explain the difference between the terms overtraining and overtraining syndrome.
10. Explain why the authors believe the reported frequency of overtraining may not be accurate.
11. Identify the physiological markers for overtraining.
12. Identify the key element for overtraining syndrome.
13. Identify the method used to measure increased mood disturbance in athletes.
14. Identify an alternate tool to the POMS for use in evaluating how an athlete may or may not be coping with a training program.
15. Explain why the research findings on the markers and diagnosis of overtraining have been inconclusive.

16. Identify the open window of acute immune system changes following heavy bouts of exercise.
17. Identify why the authors believe the potential for overtraining outcomes in elite athletes may be underestimated.
18. Explain why it is important to identify risk factors for overtraining.
19. Explain why the athlete-coach relationship can be a risk factor for overtraining.
20. Explain why early performance success can be a risk factor for overtraining.
21. Identify which types of sports can increase the risk for eating disorders.
22. Explain how the culture of elite sports can be a risk factor for overtraining.
23. Identify one of the most important factors affecting training-and-recovery balance.
24. Identify the changes Dr. Martin stated he would have made to the training program of the female cyclist in order to improve her performance.
25. Explain Dr. Martin's analogy of a burnt cookie and how it relates to athletes and overtraining.
26. Explain why, according to Dr. Leahy, abusive behaviors are accepted in sport.
27. Explain why athletes are at risk of overtraining at the end of their careers.
28. Identify what traits the Olympic athlete felt influenced his overtraining behaviors.
29. Explain what is meant by the term hungry ghost in relation to athletes overtraining behaviors.
30. Explain how an athlete's relationship with his/her parents can influence his/her overtraining behaviors.
31. Identify one of the most common outcomes for overtraining and how it might be controllable.
32. Identify the key factors in overtraining identified by Sean Richardson.
33. Identify the four parts of the OT Risks and Outcomes Model developed by the authors.
34. Identify the questions relating to overtraining the authors attempt to answer in their OT Risks and Outcomes Model.



CEC/CEU Test for Overtraining Athletes

Please choose the BEST answer for each question

1. The common response of both athletes and coaches to illness, injury, and decreased performance is to _____.
 - A. Increase the training load
 - B. Decrease the training load
 - C. Take several months off to recover
 - D. Recommend changing to a different sport

2. When athletes train hard and long to reach peak performance, they are using the principle of _____.
 - A. Competition training
 - B. Event training
 - C. Overload training
 - D. Maximum training

3. When an athlete does not sufficiently recover during the taper phase of training, the athlete may be _____.
 - A. Over-overloaded
 - B. Overtrained
 - C. Overcompensated
 - D. Both A and B

4. Which of the following statements regarding research on overtraining is NOT true?
 - A. Research on overtraining did not start to accumulate until the mid 1970's and early 1980's
 - B. Excessive training loads that result in negative outcomes have been called overtraining and overtraining syndrome
 - C. Olympic-level swimmers in the U.S. increased training loads from around 5,000 meters to 25,000 meters per week between 1975 and 1995
 - D. All of the above are true

5. It may be difficult for coaches and athletes to monitor training stress accurately because _____.
- A. There has been no research completed or published on overtraining since 1983
 - B. The research on overtraining has no clear markers of overtraining so it is not easily identified during its onset
 - C. Coaches, athletes, and researchers are not aware of the importance of balancing intense training with periods of recovery
 - D. Some athletes and coaches regard intense training with little or no rest as the only way to reach peak performance
6. Which of the following terms has been used by researchers to describe or define overtraining (OT)?
- A. Burnout
 - B. Overwork
 - C. Overreaching
 - D. All of the above
7. During the training program, the training load is defined by _____ and _____ throughout the training process.
- A. Intensity, duration, and frequency of exercise; varies
 - B. Intensity, type, and frequency of exercise; remains constant
 - C. Type, duration, and frequency of exercise; varies
 - D. Intensity, duration, and frequency of exercise; remains constant
8. The term _____ is used to describe the recovery period following a high load or high intensity training phase.
- A. Relapse
 - B. Compensation
 - C. Taper
 - D. Resource depletion
9. When researchers present overtraining in positive terms as a common and regular part of athletic training, they are referencing _____.
- A. Long-term overtraining
 - B. Long-term overreaching
 - C. Short-term overtraining
 - D. Extended overload

10. The term _____ can be used to describe athletes who, though not physically overtrained, have lost their motivation and have become apathetic about their sport.
- A. Staleness
 - B. Burnout
 - C. Overreaching
 - D. Underrecovery
11. Which of the following statements is true regarding the reason why terms like overtraining or overreaching have a negative interpretation for coaches and competitive athletes?
- A. For coaches, the terms imply there is something wrong with their training programs
 - B. Coaches and athletes use just the term training and the training is either effective or ineffective in improving performance
 - C. Most coaches and athletes have never heard of these terms
 - D. Both A and B are true
12. In the book Overtraining Athletes, the authors decided to use the term _____ to refer to a negative process or pattern of behavior in athletic training.
- A. Overreaching
 - B. Overtraining
 - C. Burnout
 - D. Staleness
13. Which of the following is considered the main sign that an athlete has overtrained?
- A. Poor performance in competition
 - B. Too much preparation
 - C. Overconfidence
 - D. All of the above
14. In the language of overtraining, the term _____ is usually used to refer to the processes of overtraining, and the term _____ is used to refer to the outcomes of overtraining.
- A. Overreaching; overtraining
 - B. Overtraining syndrome; overtraining
 - C. Overtraining; overtraining syndrome
 - D. Overreaching; overtraining syndrome

15. Which of the following statements regarding the conceptualization and measurement of overtraining is true?
- A. With some exceptions, in the past researchers have not fully integrated injury and illness as outcomes of overtraining
 - B. Overtraining should be considered as part of the range of physical, psychological, and social issues that can contribute to an athletes injury, illness, and overtraining
 - C. Much of the research on the prevalence of overtraining is based on physiological, psychometric, and behavioral measurement techniques
 - D. All of the above are true
16. According to the research reviewed in Overtraining Athletes, one of the reasons the reported frequencies of overtraining is suspect is because _____.
- A. All of the research was done on very small groups of athletes
 - B. The concept of staleness may not have been explained or described to the athletes who reported experiencing it
 - C. None of the research was done on elite athletes such as Olympic competitors
 - D. All of the above
17. Which of the following has been identified as a physiological marker for overtraining as determined by a decrement in performance?
- A. Increased urinary norepinephrine
 - B. Deterioration in neuromuscular excitability
 - C. Increased heart rate during maximal exercise
 - D. Increased muscle glycogen levels
18. Some of the research literature has classified overtraining as either _____, which is associated with _____, or _____, which is associated with _____.
- A. Sympathetic overtraining; power and speed sports; parasympathetic overtraining; endurance sports
 - B. Sympathetic overtraining; endurance sports; parasympathetic overtraining; power and speed sports
 - C. Physiological overtraining; power and speed sports; psychological overtraining; endurance sports
 - D. Central nervous system overtraining; endurance sports; peripheral nervous system overtraining; power and speed sports

19. _____ seems to be the key element for any type of overtraining syndrome.
- A. Increases in resting heart rate and blood pressure
 - B. Elevated catecholamine concentrations
 - C. Sustained performance decrement unaffected by recovery
 - D. Decreased muscle glycogen levels
20. Increased mood disturbance in athletes is measured using _____.
- A. A physical assessment
 - B. The Required Stress Questionnaire for Sport
 - C. The Profile of Mood States
 - D. The Recovery-Stress Questionnaire for Success
21. Which of the following statements is true regarding the author's review of the Morgan Brown, et al. (1987) research on the POMS and mood states in collegiate swimmers?
- A. The researchers reported that mood state disturbances increased with increased training loads
 - B. The researchers did not provide performance data or demonstrate any links between POMS profiles and individual performance
 - C. The research reported only on a group basis and did not provide the reader with any idea what an individual POMS profile might reveal about any particular athlete
 - D. All of the above are true
22. Among the first researchers to use POMS scores to modulate training loads were _____.
- A. Murphy, Fleck, Dudley, and Callister
 - B. Berglund and Säfström
 - C. Morgan, Brown, et al.
 - D. Morgan, O'Connor, et al.
23. Martin, Anderson, and Gates used POMS to monitor training stress in 15 cycling athletes and reported that _____.
- A. There were no distinct patterns involving mood profiles and performance outcomes
 - B. There was a significant increase in global mood disturbance scores for the group
 - C. All the athletes who had favorable POMS profiles had good performance outcomes
 - D. All the athletes who had negative POMS profiles had poor performance outcomes

24. An alternative tool to POMS for use in evaluating how an athlete may or may not be coping with a training program is the _____.
- A. Profile of Mood Stress
 - B. RESTQ – Mood Monitor
 - C. RESTQ – Sport
 - D. Psychiatric Mood Monitor
25. The inconclusive research findings on the markers and diagnosis of overtraining may have resulted from adhering to the _____ model of training recovery.
- A. Physiological assessment
 - B. Dose-response
 - C. Psychological assessment
 - D. None of the above
26. According to Steinacker and Lehmann (2002) which of the following is the gold standard for evaluating exercises capacity and monitoring training?
- A. Psychological assessment using POMS
 - B. Measuring performance after a taper
 - C. Maximum performance during a standardized test
 - D. Significant changes in blood chemistry over the course of an intense training program
27. Recently researchers are moving toward a more holistic understanding of athlete's experiences with overtraining with more emphasis being placed on _____ rather than on the _____ in evaluating training response.
- A. Psychological assessment; physiological decrements
 - B. Dose-response approach; stress recovery balance
 - C. Dose-recovery model; stress-response model
 - D. Stress-recovery balance; dose response approach
28. Which of the following statements regarding overtraining and injury is NOT true?
- A. Overuse injuries often occur in conjunction with the onset of overtraining syndrome
 - B. There is a lot of research literature on the connection between overuse injury and overtraining syndrome
 - C. Overtraining, defined by an imbalance between stressors and recovery, might lead to injuries in any sport
 - D. Both A and B are false

29. According to Kibler and Chandler, 1998, _____ in particular may be a manifestation of injury due to overtraining.
- A. Joint dislocation
 - B. Stress fracture
 - C. Ankle sprain
 - D. Meniscus tear
30. Following heavy bouts of exercise, there is an “open window” of _____ of acute immune system changes that may allow for infections to take hold.
- A. 3 to 72 hours
 - B. 48 hours
 - C. 3 to 48 hours
 - D. 48 to 72 hours
31. The authors believe that the potential for overtraining outcomes in elite athletes is probably underestimated because _____.
- A. Athletes can become injured or ill before overtraining syndrome is identified
 - B. An injury or illness can cause an athlete to stop training which can temporarily manage overtraining
 - C. Research indicates that the processes leading to injury and illness among elite athletes has much in common with overtraining processes
 - D. All of the above
32. Which of the following statements best explains the importance of identifying risk factors for overtraining?
- A. Identifying the variables that are present or, in some cases, absent that increase the likelihood that overtraining will occur will allow researchers to develop and test interventions for overtraining
 - B. Identifying the risk factors for overtraining in specific sports will enable coaches and athletes to know when to safely increase training loads
 - C. Identifying risk factors for sport specific overtraining issues can help athletes decide which sport they want to train for and participate in on a competitive level
 - D. All of the above explain the importance
33. Which of the following is NOT considered a potential risk factor for overtraining?
- A. Guilt about not working hard enough
 - B. Frequent competition or year-round competition
 - C. Too long a recovery time or too many recovery days in the training program
 - D. Maladaptive responses to poor performance that leads an athlete to train harder

34. Which one of the following overtraining risk factors is an example of an athletes' physical issue?
- A. Sport specialization at an early age
 - B. Premature return to training from injury
 - C. Belief that being fatigued is equivalent to being unfit
 - D. Participating at too high a level for ability
35. Which of the following statements is an example of the athlete-coach relationship that could be a risk factor for overtraining?
- A. The coach's use of abusive language that could affect the way an athlete felt about their ability
 - B. Coaches who push the athlete to train too hard
 - C. Coaches who use negative or abusive training tactics in their training programs
 - D. All of the above
36. Which of the following is an example of an internal stressor that may lead an athlete to overtrain?
- A. Concern about taking time off and viewing rest as a sign of weakness
 - B. Supermotivation that can cause an athlete not to attend to their own limits
 - C. Both A and B
 - D. Athletes at universities who are afraid of losing their scholarship funding if their academic performance does not meet standards so they can compete
37. Which of the following is NOT one of the broad categories of risk factors for overtraining grouped together by the authors?
- A. Characteristics, behaviors, attitudes, and experiences of susceptible athletes
 - B. People, factors, and situations that pressure athletes to increase training
 - C. People, factors, and situations that affect athletes' needs for recovery
 - D. All of the above are risk factor categories
38. Which of the following is NOT one of the five major categories of athlete-related risk factors within the characteristics, behaviors, attitudes, and experiences of susceptible athletes' general dimensions?
- A. Physical factors, such as age or weight
 - B. Personal beliefs, attitudes, and expectations
 - C. Character or personality
 - D. Personal experiences

39. Which of the following statements explains why early performance success can be a risk factor for overtraining?
- A. Some athletes feel that performing well is not good enough because it is not perfect
 - B. Some athletes see themselves only as athletes and focus their lives on their sport
 - C. Athletes can develop high expectations of their performance and this can prompt them to train excessively to meet those expectations in future competitions
 - D. People closest to young athletes sometimes promote overtraining behaviors rather than advising against them
40. Athletes' personal beliefs, attitudes, and expectations can be a person-centered risk factor for overtraining because _____.
- A. Young athletes who are still developing try to emulate the training and performance of the champions in their sport
 - B. Some athletes believe that extra training brings success and, lacking knowledge about the importance of recovery, view recovery time as lost training time
 - C. Athletes want to please the coach by working harder and without complaint despite illness or injury
 - D. Athletes who are susceptible to minor infections and viruses will continue to train with these conditions, which then makes them worse
41. In sports where _____ are critical, athletes can develop risky eating behaviors such as drastic weight loss and disordered eating, which can increase the risk of overtraining.
- A. Endurance, speed or strength
 - B. Strength or physique
 - C. Weight, appearance, or physique
 - D. Endurance, physique or weight
42. Which of the following is NOT one of the major categories in the general dimension of people, factors, and situations that pressure athletes to overtrain?
- A. Specific sport factors
 - B. Behavior and attitudes of coaches
 - C. Behaviors and attitude of family and others
 - D. All of the above are major categories

43. Which of the following coaching behaviors or attitudes would be present in a coach who is less likely to overtrain athletes?
- A. Coaches who are successful and have gained status for coaching successful athletes
 - B. Coaches who are democratic and discuss with their athletes their decisions about athletes training schedules
 - C. Coaches who feel pressure from sports organizations, fans, media, or sponsors to deliver successful performance from their athletes
 - D. Coaches who communicate a strong “train hard” message to their athletes
44. Which of the following is NOT included in the sport-specific overtraining risk factors group?
- A. Psychological factors such as attitude and motivation
 - B. Timing or scheduling factors
 - C. Pressure to gain financial reward or support
 - D. Sport- or training-specific environment or culture
45. The _____ mantra is common in much of society and can be an influence on an athlete’s training experiences in their sport.
- A. Win at all cost
 - B. Winning is everything
 - C. More is better
 - D. Never settle for second best
46. When a coach is unaware of the need for _____ prior to a major event, an athlete is at risk for overtraining due to inadequate _____.
- A. Treating an illness; preparation
 - B. Tapering; recovery
 - C. Recovery; preparation
 - D. Full recovery from injury; preparation
47. The _____ is considered to be one of the most important factors affecting training-and-recovery balance.
- A. Lack of resources or finances
 - B. Change in physical environment
 - C. Design of training programs
 - D. Length of the sport season

48. During the interview with Dr. David Martin, when the authors refer to risk factors for overtraining at the global level, they are referring to _____, and for overtraining at the local level, they are referring to _____.
- A. Overreaching; overtraining syndrome
 - B. Overtraining a joint or muscle group; overtraining syndrome
 - C. Overtraining syndrome; overtraining a joint or muscle group
 - D. Psychological overtraining; physiological overtraining
49. In relating the story of the female cyclist and the results on her performance due to overtraining prior to the Olympic time trial, Dr. Martin states that in looking back he would have _____.
- A. Encouraged her to continue her training but at an increased level of intensity with several hard days in a row and then an easy day
 - B. Come up with more ways to interrupt the loading pattern as well as increase the recovery days
 - C. Been less conservative and encouraged her not to hold back in her training but to go for 100% effort
 - D. Encouraged her to take 6 months to a year off before resuming her training
50. According to Dr. Martin, coaches who are secure with themselves and happy with their jobs have got _____ with their athletes.
- A. A lot of rapport
 - B. A confident relationship
 - C. An autocratic mentality
 - D. An impersonal relationship
51. When Dr. Martin uses the analogy of a burnt cookie, he is referring to _____.
- A. An athlete who did not train hard enough and then exhausted himself/herself when they competed
 - B. An athlete who has been on a training program that was not appropriate for his/her abilities
 - C. An athlete who has mismanaged their fatigue and tried to compete too soon after the overload
 - D. An athlete who has been in a training program that did not adequately overload, did not have enough variability, and did not have good specificity

52. Dr. Leahy states that abusive behaviors are accepted in sport because _____.
- A. Coaches have enormous power over athletes and their only accountability is oftentimes their athletes' performance
 - B. Elite sport is perceived to be special and different and other people don't interfere in coaching behaviors
 - C. Coaches are always expected to push athletes hard in order to help them achieve maximum performance
 - D. Both A and B
53. Dr. Leahy states that the term "mental toughness" has been misused to allow _____.
- A. Athletes to focus exclusively on their performance without any distractions
 - B. Acceptance of behaviors of bullying and harassing on the part of some coaches
 - C. Tolerance of the sometimes quite severe by-products of extreme physiological training
 - D. None of the above
54. Dr. Leahy states that elite sports systems need to help coaches _____.
- A. Become empowered with the core competencies and skills they need to be more effective in their roles
 - B. Learn how to be tougher on athletes but with a positive approach
 - C. Utilize their own experiences as former athletes in their coaching techniques
 - D. Learn to use bullying, yelling, and screaming when it is most appropriate to get effective results
55. From the comments made by the retired professional football player, Sean Richardson drew which of the following conclusions about why athletes are at risk of overtraining at the end of their career?
- A. The athlete fears how his life will be when he can no longer play professional football and thereby lose his identity
 - B. The athlete pushes too hard in order to prolong his professional career
 - C. The athlete fears losing the adulation of the fans and the adrenalin rush that comes from playing in the big stadiums
 - D. All of the above

56. From his interviews with the football player and other athletes, Sean Richardson stated that _____ might be the most common outcome of overtraining behaviors for all sports.
- A. Fatigue
 - B. Injury
 - C. Poor performance
 - D. Illness
57. The retired football player told Sean about receiving _____ or _____ in order to reduce pain and keep playing despite an injury.
- A. Oral painkillers; massage therapy
 - B. Cortisone injections; oral painkillers
 - C. Vitamin B12 injections; oral painkillers
 - D. Cortisone injections; ice therapy
58. Which of the following statements is NOT true regarding what the retired football player told Sean about his treatment by his team when he was injured?
- A. He described himself as feeling like a “spare part” to the team
 - B. He described how the coach would walk past him without stopping to chat
 - C. He described how he received the best medical treatment available
 - D. He described how the coach and president didn’t care about his injury, only how long he would not be able to play.
59. The retired football player described that, as part of the culture of his sport, any physical limitations a player may have as being seen as _____.
- A. An opportunity to get the attention of the fans
 - B. An opportunity to be regarded as brave for playing through pain
 - C. Excuses for not playing and being considered a weakling and a snivel
 - D. A way to show the team how important you are to the team’s success
60. When interviewing the Olympic athlete, the athlete himself admitted that _____.
- A. He was overconfident of his abilities and didn’t try hard enough
 - B. He should have trained harder at altitude prior to the Olympics
 - C. He and his coach made a mistake and pushed his training too far prior to the Olympics
 - D. He was unsure of his abilities and unsure of his physical form so he felt he needed to train harder

61. As the interview continued with the Olympic athlete, Sean found out that he had _____.
- A. Suffered from several illnesses, but had no injuries
 - B. Several injuries that he did not report to his coach until the pain debilitated him
 - C. Refused injections to help ease the pain so he could compete
 - D. Reported his injuries to his coach and took time off to recover
62. When asked about what might have influenced his overtraining behaviors and attitudes, the Olympic athlete described himself as _____ and _____.
- A. A perfectionist; obsessive about training
 - B. Laid-back; balanced about training
 - C. A perfectionist; balanced about training
 - D. Laid-back; obsessive about training
63. During the interview the Olympic athlete described his first coach as _____ and according to Sean, the athlete engaged in _____ behaviors with this coach.
- A. Intimidating; passive-aggressive
 - B. Too easy; aggressive
 - C. A genius; passive-aggressive
 - D. A bully; passive
64. Because of his first coach's attitude toward injury, the Olympic athlete _____.
- A. Blamed his coach for his illness and injuries when he got to the Olympic games
 - B. Blamed his coach's training program for his failure to win a medal
 - C. Blamed his own physiology for his injuries rather than identifying maladaptive practices as causing his injuries
 - D. Blamed his own inability to train hard enough to be ready to compete and win a medal
65. In talking about his sport, the Olympic athlete states that one of the mantras in triathlon is _____.
- A. More is better
 - B. Rest is for the dead
 - C. No pain, no gain
 - D. Train to win

66. Sean states that athletes often overtrain in an attempt to fill a void within their life and he uses the metaphor of _____ to describe these overtraining behaviors athletes engage in as an attempt to fill the void.
- A. A dry well
 - B. A hungry ghost
 - C. A bottomless pit
 - D. Unattainable dreams
67. Which of the following statements best explains why Jane, the cyclist, is a good example of an overtraining athlete?
- A. Jane hated rest days and she did not want to listen to advice regarding recovery
 - B. Jane responded to slumps or plateaus in performance by increasing her training efforts
 - C. Jane went into complete denial regarding the consequences of injury
 - D. All of the above
68. From his interviews with the three elite athletes, Sean concluded that athletes have which of the following behaviors in common?
- A. Training through pain and injury
 - B. Looking for approval from coaches for pushing themselves
 - C. Hiding any weakness from their coach
 - D. Both A and C
69. Sean concluded that one of the reasons the cyclist overtrained was because of _____.
- A. Training was her identity, her sense of self
 - B. She thought more training would fix her injuries
 - C. She had no other activities in her life
 - D. Her coach pushed her excessively
70. Jane was strongly influenced by her parents, especially her mother, to overtrain because _____.
- A. Her mother supported her whether she won or lost, but Jane wanted to please her mother
 - B. Her mother always supported whatever decisions Jane made about cycling
 - C. Her mother made her love contingent on Jane's success in sports
 - D. None of the above

71. In order to gain approval, recognition, and be loved, Jane used _____ which in turn _____.
- A. Intense training; increased her fatigue
 - B. Training with no rest; decreased her performance
 - C. Extreme dieting and weight loss; decreased her performance
 - D. Extreme training; increased her performance
72. In discussing Jane's relationship with an abusive coach, Sean uses the term _____ to describe the approach often used by coaches in coaching championship quality athletes.
- A. Darwinian
 - B. Sadistic
 - C. Survival-of-the-fittest
 - D. Both A and C
73. After listening to the cyclist talk about her experience at one of the institutes of sport, Sean concluded that _____.
- A. The cyclist finally got support and understanding from her coaches
 - B. The coaches at the institute reinforced her overtraining behaviors
 - C. The coaches at the institute helped her understand the importance of a balanced training program
 - D. The cyclist was able to communicate with her coaches about her injuries
74. Jane was caught up in a trap of using overtraining for both _____ and _____.
- A. Performance improvement; proving how tough she was
 - B. Training to the point of incapacitation; having an excuse for failing to perform
 - C. Pleasing her mother; proving how tough she was
 - D. Performance improvement; pleasing her mother
75. As a result of the interviews he conducted with athletes, Sean found that _____ was one of the most common outcomes for athletes who overtrain and that the causes of their outcome might be rooted in _____.
- A. Injury; controllable chronic behaviors
 - B. Stress; life situations outside of sport
 - C. Performance decline; poor nutrition
 - D. Withdrawal from sport; controllable chronic behaviors

76. In combining research results and the results of his own interviews with athletes, Sean identifies which of the following as key factors in overtraining?
- A. Sport culture – pressures and social expectations surrounding sports
 - B. Injury issues – injury mismanagement and its effects on athletes well being
 - C. Roles of coaches – influence of coaches in driving overtraining behaviors
 - D. All of the above are key factors
77. Injury can be both _____ and _____ of overtraining behaviors.
- A. A reinforcer; a driver
 - B. An instigator; a driver
 - C. A cause; a consequence
 - D. A forerunner; a reinforcer
78. The maladaptive coping of athletes in response to injuries, illness, and other unpleasant outcomes was referred to by one expert as the _____.
- A. Win at all costs disease
 - B. Do or die trying disease
 - C. Need to please disease
 - D. No pain, no gain disease
79. The authors' conceptualized overtraining risk factors in terms of _____ on athletes' behaviors.
- A. Personal, situational, and cultural influences
 - B. Intrapersonal, interpersonal, situational, and sociocultural influences both past and present
 - C. Impersonal, personal, situational and cultural influences both past and present
 - D. Personal, interpersonal, sociocultural, and environmental influences both past and present
80. The authors developed a model of overtraining risk factors, called the OT Risks and Outcomes Model, and divided it into which of the following four parts?
- A. Risk factors, late signs, behavioral responses, and outcomes
 - B. Risk factors, signs, behavioral responses, and results
 - C. Risk factors, early signs, behavioral responses, and outcomes
 - D. Risk factors, early signs, training responses, and results

81. Which of the following is NOT one of the possible risk assessment scenarios during an athlete's year?
- A. Responding to the first signs of stress-recovery imbalance
 - B. Monitoring stressors and recovery activities and adaptations throughout the training cycle
 - C. Planning training and recovery strategies at the start of a new season
 - D. All of the above are possible risk assessment scenarios
82. The authors suggest educating coaches and athletes about the risks of overtraining as the best way to address _____.
- A. The problem of establishing a trusting relationship between the coach and the athlete
 - B. The risk of athletes withholding information from their coach about an injury or "secret" training they may be doing
 - C. The reluctance of athletes to confront their coaches with any negative feelings about their training program
 - D. The problem of a passive-aggressive athlete who doesn't show up for training
83. The _____ model of overtraining refers to the definition of overtraining syndrome by Lehman, Foster, and Keul to describe overtraining.
- A. Kenttä and Hassmén
 - B. Kenttä and Whelan
 - C. Myers and Whelan
 - D. Hassmén and Myers
84. Which of the following is NOT one of the three approaches to optimizing recovery outlined by Kenttä and Hassmén in their model of overtraining?
- A. Matching recovery activities with the specific type of stressor
 - B. Recognizing the life experiences and personal histories athletes bring to any training situation
 - C. Improving specific capacities, such as coping skills, to improve stress tolerance
 - D. Minimizing psychological and social stressors
85. The authors, in their OT Risks and Outcomes Model, add to the models of Meyers and Whelan and Kenttä and Hassmén by searching for answers to _____.
- A. How a myriad of variables can influence and upset athletes' stress-recovery balance as well as how these variables act upon athletes' lives
 - B. Why athletes might be driven to upset their stress-recovery balance
 - C. What are the long term effects of overtraining syndrome on athletes' lives
 - D. Both A and B

86. The authors state that one of the limitations of their project is that _____.
- A. They did not delve into the psychodynamic influences, abusive and coercive drivers, and damaging behaviors revolving around overtraining processes, responses, and outcomes for athletes
 - B. They conducted an investigation that was exploratory and involved elite level athletes, but was not designed to draw conclusive inferences about overtraining for all populations of athletes
 - C. They explored in depth, through interviews with experts and athletes, a large range of issues surrounding overtraining and offered athletes the opportunities to talk about some of the deeper meanings of overtraining for them
 - D. All of the above are limitations
87. Which of the following statements is NOT true regarding the application of the OT Risks and Outcomes model to educate people on stress-recovery balance?
- A. It educates people about the multidimensional aspects of stress and recovery, the multifaceted risk factors for stress-recovery imbalances, and multiple adverse outcomes of overtraining behaviors and under recovery
 - B. The model broadens the focus on sport factors to include non-sport stressors, and to highlight holistic approaches to recovery
 - C. The model helps coaches and athletes understand the chronic fatigue syndrome that is the outcome of overtraining
 - D. The model helps athletes and other performers understand the risk factors for stress-recovery imbalances which in turn helps them make effective decisions about managing their fatigue levels and coping with minor injuries, illnesses, and time off from training
88. The authors state that overtraining is a highly _____ process and that quantitative group analysis loses individual differences in the statistical analysis.
- A. Idiosyncratic
 - B. Homogeneous
 - C. Personal
 - D. Psychosocial
89. Based on the OT Risks and Outcomes Model, researchers could develop _____ to administer to athletes regarding the frequency of overtraining processes and outcomes.
- A. Training surveys
 - B. Quizzes and tests
 - C. Questionnaires
 - D. Brochures and handouts

90. Which of the following statements is NOT a suggestion by the authors about preventive actions that can be taken to help minimize overtraining during its early stages?

- A. Design training programs according to individual athlete needs
- B. Take initiative to reduce training, if necessary
- C. Monitor athletes' feelings regarding performance
- D. Try to sustain as long as possible an athlete's peak in performance