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# FUNDAMENTALS OF COACHING FINAL EXAM QUESTIONS AND ANSWERS WITH SOLUTIONS 2024

Who do coaches struggle with the most? - ANSWER parents, attitudes of athletes, discipline, drug abuse, and officiating

\_\_\_\_: induce false feeling of "all's well" when the user is fatigued; short-circuit feelings of exhaustion, requiring the body to use up its reserves; might experience total collapse - ANSWER Stimulant

\_\_\_\_: lose control of body functions; become restless, hostile, and quarrelsome; ex: alcohol - ANSWER Depressant

\_\_\_\_: not usually associated with a sport; ex: LSD, marijuana - ANSWER Hallucinogens

\_\_\_\_: natural hormone products to rapidly build up strength and endurance; drastic increase in lean body weight and change in behavior - ANSWER Steroids

\_\_\_\_ \_\_\_\_: self-imposed starvation in an obsessive effort to lose weight and become thin - ANSWER Anorexia Nervosa

\_\_\_\_: recurring binge eating usually followed by some method of purging such as vomiting, diuretic or laxative abuse or intensive exercise - ANSWER Bulimia

\_\_\_\_: anorexia nervosa with the practice of one or more bulimic behaviors - ANSWER Bulimarexia

How to deal with parents? - ANSWER 1. follow the rules

2. never talk to a parent angry

3. never talk to a parent or athlete without a witness

4. communicate your expectations

5. do what you say you'll do

# Nfhs Fundamentals Of Coaching Course Test Answers

**Clemens Wendtner**



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