

FIG Practice Test Questions and Answers

1. What is a core value in coaching ethics?

- A) Favoritism
- B) Intimidation
- C) Respect and fair treatment
- D) Strict control without feedback

2. How do safety briefings benefit gymnasts?

- A) To review competition scores
- B) To improve event marketing
- C) To communicate safety guidelines and protocols
- D) To practice chants

3. What factor contributes to athlete longevity?

- A) Daily competitions
- B) High-pressure tactics
- C) Consistent care and balanced development
- D) Early specialization only

4. Why is confidentiality important in coaching?

- A) To limit communication
- B) To control athlete behavior
- C) To maintain trust and privacy
- D) To avoid documentation

Answers: 1-C 2-C 3-C 4-C

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FIG Practice Test