

CHAPTER 21

Sample Answers for Chapter Discussion Questions

Question #1

Philosophy is called a metadiscipline because it goes beyond disciplines. As such, it is the science of disciplines itself. Intellectual integrity, open-mindedness, and critical attitude are indispensable in philosophical inquiry.

Question #2

There are internal goods and external goods in sport. Internal goods are the rewards internal to the practice of sport, such as courage, generosity, and cooperation. External goods are rewards external to its practice, such as money, praise, and similar “outside” incentives. It seems highly unlikely that anyone can be strongly motivated both internally and externally, as those who are morally driven (internally driven) are mostly indifferent to external rewards. Conversely, those who are driven by external rewards, such as money or fame, are more likely to have a win-at-all-costs attitude.

Question #3

Internalism is the view that the values of sport are unique and not reducible to those of society. These values may even conflict with those of society. According to internalists, sport has its own set of values (i.e., competitive sport has an inner morality). Externalism is the view that the values of sport are not unique and reducible to those of society. According to externalists, competitive sport has an external, not an internal, morality. Of these two views, externalism is the more attractive. The inner morality of sport is just the inner morality of all properly run social practices. Sport does not have its own core set of values, independent from society. The core values of sport are derived from society, and these values – such as regard for truth, justice, courage, generosity, friendliness, and wisdom – do not seem to vary from culture to culture but are, at least, species-fixed and, at best, universally embraced by all creatures capable of rationality. Of course, some students may choose internalism, and as such, must be able to defend their position.

Question #4

The two components of athletic integrity are commitment to play by the rules and respect for oneself and others while doing so. Lack of integrity is caused, at least in part, by a win-at-all-costs attitude that permeates many cultures as well as by the lure of external goods, such as praise and money.

Question #5

A strong reason for legalizing performance-enhancing drugs is that they often enhance performance significantly, so legalizing them would even the playing field and make competition more exciting. Another strong argument is that legalization would actually reduce the risks by making it easier to control what athletes are taking. Most students will choose the harmful side effects of performance-enhancing drugs as the strongest reason against their legalization.

Question #6

This question invites the reader to critique the thesis that beauty equals economy of performance (i.e., beauty in sport is a matter of achieving some athletic end in the most economical manner). A good answer will describe the thesis sufficiently well and critique it.

Question #7

This question invites the reader to critique the thesis that athletes have moral duties as competitors. Some think that athletes ought to be held to diminished moral standards while competing. Students will likely refer to the concept of aretism and Plato's organic model of sport in formulating their answer.

Question #8

Competitive sport is generally included among the societal goods of a democratically diverse society, but it is clearly not the most important of those goods. It does however allow citizens to have a fuller expression of their talents, drives, and ambitions.

Question Bank for Written Student Assessment and Evaluation

Quiz: How Much Do You Know About the Philosophy of Sport?

1. Which of the following disciplines of philosophy examines the theory of knowledge:

- A) metaphysics
- B) logic
- C) aesthetics
- D) ethics
- E) epistemology

Answer: E

2. Philosophy is a _____ because it examines and evaluates disciplines themselves. **Answer: metadiscipline**

3. The primary tool of philosophy is logic. **Answer: true**

4. Which of the following is **not** a requirement of philosophical analysis:

- A) intellectual integrity
- B) open-mindedness
- C) critical attitude
- D) curiosity
- E) none of the above

Answer: D

5. Moral benefits, such as cooperation and courage, are _____ goods of sport. **Answer: internal**

6. Adults have a fully developed rational faculty and so are motivated by internal goods only.

Answer: false (Correct: both internal and external goods)

7. That the values of competitive sport are not unique and are merely a subset of society's values best describes which of the following views:

- A) organic
- B) internalism
- C) externalism
- D) aretism
- E) none of the above

Answer: C

8. Integrity demands a commitment to _____. **Answer: play by the rules**

9. Ergogenic aids are substances, techniques, or materials that are performance enhancing.

Answer: true; true; true

10. Which of the following is **not** a category of ergogenic aids:

- A) mechanical
- B) psychological
- C) physiological
- D) neurological
- E) nutritional

Answer: D

11. If used correctly, direct ergogenic aids give a particular athlete some noticeable improvement in _____. **Answer: performance**

12. Athletic spectacle is one of the aesthetic components of sport. **Answer: true**

13. Which of the following statements about the economy of sport is **false**:

- A) According to some philosophers, beauty in sport is a matter of achieving some athletic end in the most economical manner.
- B) The aesthetic is not end-directed, and any object or event can be aesthetically evaluated.
- C) Where there is no separation of means and end, every aspect of some aesthetic object or event is critical in its assessment.
- D) Critical assessment of the aesthetic in sport involves perceptual analysis of any deviation from an economical path.
- E) Some sports are completely aesthetic.

Answer: E

14. When players strive to draw attention to themselves through showboating and taunting, they are engaging in _____. **Answer: ego-puffing**

15. Overindulgence in sport narrows people's range of interests. **Answer: true**

16. Distinguish between aesthetic and nonaesthetic sports. Are these qualities always distinct from each other? **Answer: Competitive sports are often divided into those that are aesthetic, where competition is a matter of performing toward some ideal (e.g., diving, gymnastics, and figure skating), and those that are nonaesthetic, where obstacles are set in place in an effort to be overcome and rules are set up to guide performance (e.g., baseball, hockey, and soccer). In aesthetic sports, victory is awarded to the athlete or team that most closely approximates the aesthetic ideal. In nonaesthetic sports, victory is awarded to the athlete or team that follows the rules and best overcomes the obstacles artificially set up by the game. There is no one aesthetic ideal to follow or approximate. Although a distinction can be made between aesthetic and nonaesthetic sports, it seems that when nonaesthetic competition is at its best, competitors and teams perform at a level of aesthetic economy that is the very heart of aesthetic sports. The beauty of a well-played contest is truly a sight to behold.**

Multiple Choice Questions

1. Which of the following disciplines of philosophy examines what is real:

- A) epistemology
- B) metaphysics
- C) aesthetics
- D) ethics
- E) logic

Answer: B

2. Which of the following disciplines of philosophy examines beauty:

- A) ethics
- B) epistemology
- C) aesthetics
- D) logic
- E) metaphysics

Answer: C

3. Which of the following disciplines of philosophy examines how we ought to live:

- A) aesthetics
- B) ethics
- C) metaphysics
- D) epistemology
- E) logic

Answer: B

4. Which of the following disciplines of philosophy examines argument analysis:

- A) ethics
- B) epistemology
- C) aesthetics
- D) logic
- E) metaphysics

Answer: D

5. Athletes strive for moral and social betterment through:

- A) excellence through self-fulfillment
- B) excellence through social integration
- C) excellence through achievement
- D) excellence through integration with all humanity
- E) three of the above

Answer: E

6. Sport is characterized by which of the following goods:

- A) modern and traditional
- B) internal and external
- C) amateur and professional
- D) intellectual and physical
- E) none of the above

Answer: B

7. Cooperation and courage are examples of which of the following goods of sport:

- A) traditional
- B) internal
- C) external
- D) modern
- E) intellectual

Answer: B

8. Fame is an example of which of the following goods of sport:

- A) traditional
- B) professional
- C) external
- D) physical
- E) internal

Answer: C

9. Externalists believe that:

- A) the values of sport may conflict with those of society
- B) the values of competitive sport are a subset of the values of society
- C) sport has its own set of values
- D) competitive sport has its own morality
- E) the values of competitive sport are not reducible to those of society

Answer: B

10. That the values of competitive sport are unique and not reducible to those of society best describes which of the following views:

- A) organic
- B) internalism
- C) externalism
- D) aretism
- E) none of the above

Answer: B

11. Which of the following leads to breaking of the two demands of integrity in sport:

- A) win-at-all-costs attitude
- B) low morals
- C) poor logic
- D) lack of rules
- E) all of the above

Answer: A

12. The two demands of integrity in sport are:

- A) commitment to play by the rules and maintaining high morals
- B) maintaining high morals and having respect for self and others
- C) having respect for self and others and commitment to play by the rules
- D) commitment to play by the rules and embracing the values of sport

E) embracing the values of sport and maintaining high morals

Answer: C

13. Human growth hormone is an example of a _____ ergogenic aid.

A) nutritional

B) indirect

C) pharmacological

D) physiological

E) none of the above

Answer: C

14. Which of the following is **not** an example of a nonaesthetic sport:

A) golf

B) water polo

C) boxing

D) triathlon

E) none of the above

Answer: E

15. Lack of diversity explains why many athletes, upon retirement, experience uncertainty and become depressed. Psychologists call this:

A) separation stress

B) disconnection disorder

C) withdrawal syndrome

D) disengagement trauma

E) athletic distress

Answer: D

Fill in the Blank Questions

1. Philosophical analysis is essentially a cooperative quest for _____. **Answer: truth**

2. According to the philosophical view called _____, the ideal of competitive sports is striving for human excellence. **Answer: aretism**

3. Children are mostly motivated by external goods because they do not have a fully developed _____ faculty. **Answer: rational**

4. The view that the values of competitive sport are unique and not reducible to those of society is known as _____. **Answer: internalism**

5. Mental techniques that have proven effective in enhancing performance are known as _____ ergogenic aids. **Answer: psychological**

6. As a part of sport, the aesthetic dimension finds expression in athletic _____ and economy of performance. **Answer:** *spectacle*
7. Of competitive sports that are driven largely by spectator appeal, aesthetic expression manifests itself sometimes subtly and often openly to the spectator through the _____ of sport. **Answer:** *drama*
8. In _____ sports, competition is a matter of performing toward some ideal. **Answer:** *aesthetic*
9. In sports such as baseball, hockey, and soccer, _____ are put in place to be overcome and rules are set to guide performance. **Answer:** *obstacles*
10. The _____ model of sport states that to attain stability and unity in a team or sport, each athlete must subordinate concern about oneself to concern about others. **Answer:** *organic*

True or False Questions

1. Philosophy has historically been divided into five chief subdisciplines. **Answer:** *true*
2. Early Greek sport was viewed as preparation for war and the province of males only. **Answer:** *true*
3. What is perhaps non-Greek about aretism is its focus on the attainment of and not the striving for victory in sport. **Answer:** *false (Correct: striving for); false (Correct: attainment of)*
4. External goods of sport are rewards, such as money, approval, or fame. **Answer:** *true*
5. Sportive activity among children is more complex because children do not have fully developed rational faculties. **Answer:** *false (Correct: less)*
6. When the external stakes are very high, athletes often take unsafe risks (e.g., steroids), disregard sportsmanship, and do whatever it takes to win – even if this means cheating. **Answer:** *true*
7. The view that the values of competitive sport are not unique and are merely a subset of society's values is known as externalism. **Answer:** *true*
8. The internalism view of sport values is more attractive than the externalism view. **Answer:** *false (Correct: less)*
9. Altitude running is an example of an indirect physiological ergogenic aid. **Answer:** *false (Correct: a direct); true*
10. Indirect ergogenic aids can affect an opponent's performance. **Answer:** *true*

11. At the highest levels of competitive sport, the use of steroids does not make a substantial difference. **Answer:** *false (Correct: can or does)*

12. Aesthetics is generally considered to be one of the chief subdisciplines of philosophy. **Answer:** *true*

13. Economy of performance is one of the nonaesthetic components of sport. **Answer:** *false (Correct: aesthetic)*

14. Figure skating is an example of an aesthetic sport. **Answer:** *true*

15. In economical sports, victory is awarded for performance that follows rules and best overcomes obstacles. **Answer:** *nonaesthetic*

16. What keeps a democratic society healthy is the solemn recognition by its members that they must sacrifice for the good of the whole. **Answer:** *true*

Other Types of Questions

1. Name and describe the “big five” divisions of philosophy.

Answer:

Metaphysics: the study of what is real

Epistemology: the study of theory of knowledge

Aesthetics: the study of beauty

Ethics: the study of how we ought to live

Logic: the study of argument analysis

2. Name and describe the three requirements of philosophical analysis.

Answer:

Intellectual integrity: a commitment to an honest search for truth

Open-mindedness: being open to rationally founded views that are inconsistent with your own

Critical attitude: willingness to entertain all reasonable claims as true

3. Name and describe two views of sport values. Describe which of the two views is more attractive, and provide at least one reason as to why.

Answer:

Internalism: the view that the values of competitive sport are unique and not reducible to those of society

Externalism: the view that the values of competitive sport are not unique and are merely a subset of society's values

Externalism is more attractive because the core values of sport are derived from society, do not vary from society to society, and are universally embraced by all capable of rationality.

4. Identify two demands of integrity in sport and how they are not respected in modern elite sport.

Answer:

Commitment to play by the rules: A win-at-all-costs attitude predominates, commonly leading to “bending of the rules.”

Respect for self and others: A win-at-all-costs attitude predominates, commonly leading athletes and coaches to treat each other poorly.

5. Name, describe, and provide an example for at least three of the five main categories of ergogenic aids.

Answer:

Mechanical: materials and techniques used to enhance performance (lighter baseball bats)

Psychological: mental techniques used to enhance performance (visualization)

Physiological: techniques that directly improve physiological performance (altitude training)

Pharmacological: drugs used to enhance performance (anabolic steroids)

Nutritional: dietary supplements used to enhance performance (vitamin supplements)

6. Differentiate between aesthetic and nonaesthetic sports, giving three examples of each.

Answer:

In aesthetic sports such as springboard diving, gymnastics, and figure skating, competition is a matter of performing toward some ideal. In nonaesthetic sports such as baseball, hockey, and soccer, competition is a matter of overcoming obstacles while following the rules of the game.

7. Using your knowledge of the material in the chapter, identify which term from the textbook best describes or applies to each of the situations below.

A. There are 19 seconds left to play in the Super Bowl game. The Patriots are trailing by a touchdown and have possession of the ball at their 33-yard line. _____ **Answer:** *drama of sport (or athletic spectacle)*

B. Coach Carter always tries to teach his athletes that winning isn't everything. What's most important is trying to achieve your best. _____ **Answer:** *aretism*

C. Fiona loves to watch sports on television. Her favorites are figure skating and gymnastics. _____ **Answer:** *aesthetic sports*

D. Pedro no longer enjoys playing baseball, but he isn't ready to retire. He can still make good money, and he loves the perks that come with being an athlete. _____ **Answer:** *external goods*

E. Sammy has a huge lead in his snowboard cross race. On the last jump before the finish line, he decides to throw in an unnecessary aerial trick. _____ **Answer:** *ego-puffing*

F. Jana is having a great hockey season. She's on pace to set a team scoring record, a goal she set for herself at the start of the year. But some recent injuries have left the team scrambling, and Jana's coach has asked her to assume a more defensive role. She probably won't score as many points, but Jana wants to do what's best for the team. _____ **Answer:** *organic ideal*

G. Paul is a champion triathlete and the favorite to win gold heading into the Olympics. Near the end of the bike race, he is involved in a five-rider crash and injures his arm. He's in a great deal of pain, but this is his last Olympics and he's determined to cross the finish line, even if he has to walk. _____ **Answer:** *internal goods*

H. Lisa is a star athlete on her high school track and field team. She likes to train by running on the mountain trail near her home. _____ **Answer:** *ergogenic aid*

I. Jake is a promising speedskater, but his times aren't as good as they should be because he has a tendency to take the turns too wide. _____ **Answer:** *economy*

J. Melanie is always on the go. She plays volleyball and basketball during the school year and soccer and softball in the summer. _____ **Answer:** *nonaesthetic sports*