



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. Name at least four symptoms of a concussion:

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2. Which of the following is *not* a good way to prevent sports injuries?

- a) Wearing protective gear, such as helmets and protective pads
- b) Warming up before play and cooling down afterward
- c) “Playing through” a minor pain in your body to see if it will go away on its own
- d) Obeying the rules of the game
- e) Watching out for others

3. List two tips about bicycle helmets:

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4. Your brain has many different parts that work together. Name at least three major parts of the brain:

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5. The biggest part of the brain, which does your thinking and holds both short-term and long-term memory, is called the \_\_\_\_\_.

6. True or false: People who have head injuries can have long-term or permanent brain damage if they try to return to practice or play too quickly after a concussion.

7. True or false: If you don’t lose consciousness, you don’t have a concussion.

8. True or false: If you (or a friend or teammate) think you might have had a concussion, you should tell a coach or parent immediately.

9. Student-athletes should get \_\_\_\_\_ before their sports seasons start.

- a) haircuts
- b) professional sports contracts
- c) sneaker advertising deals
- d) concussion baseline testing

10. When it comes to a head injury in sports, the best thing to remember is:

- a) “No pain, no gain!”
- b) “When in doubt, sit out!”