



Quiz Answer Key

1. True or false: Mouthguards can help protect your teeth while you play sports.
2. True or false: Players need to warm up before games, but not practice.
3. Underline safe warm-up activities:

a) <u>brisk walking</u>	b) <u>jogging</u>
c) <u>doing jumping jacks</u>	d) <u>jumping hurdles</u>
e) <u>lifting weights</u>	f) <u>sprinting</u>
4. Wearing the right equipment with the right fit decreases your chances of getting hurt.
5. If you've been injured or hurt and you try to come back too soon, you run the risk of reinjuring yourself – maybe even more seriously than before.
6. True or false: All sports supplements sold in the United States must be checked and approved by the U.S. Food and Drug Administration (FDA).
7. True or false: Teen athletes who use substances like anabolic steroids or growth hormone (hGH) can have problems with growth, and may develop diabetes and heart problems.
8. Student athletes should check with their doctor before taking any supplement or over-the-counter medicine.
9. True or false: Wearing a helmet prevents concussions.
10. Underline 10 symptoms of a concussion:

a) <u>headache or dizziness</u>	b) <u>feeling sick or throwing up</u>
c) <u>feeling pain in the teeth or jaw</u>	d) <u>difficulty with coordination or balance</u>
e) <u>blurred vision</u>	f) <u>feeling happy or giddy</u>
g) <u>slurred speech or saying things that don't make sense</u>	h) <u>difficulty hearing</u>
j) <u>trouble remembering things</u>	i) <u>feeling confused, having difficulty concentrating</u>
l) <u>feeling sleepy or having trouble falling asleep</u>	k) <u>drooling or having a runny nose</u>
n) <u>feeling anxious or irritable for no apparent reason</u>	m) <u>swollen legs or feet</u>
p) <u>bad breath</u>	o) <u>feeling sad or more emotional than usual</u>
11. EXTRA CREDIT #1 - True or false: Most people who get concussions don't pass out.
12. EXTRA CREDIT #2 - If you've had a concussion, you can't return to practice or play until a doctor says it's OK.