Personal Health Series

Concussions

Name: ____________________________ Date: ____________________________

Quiz

1. Name at least four symptoms of a concussion:

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:

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

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!”