Quiz Answer Key

1. Name at least four symptoms of a concussion:
   Any four of the following: seeing stars and feeling dazed, dizzy, or lightheaded; memory loss, such as trouble remembering things that happened right before and after the injury; nausea or vomiting; headaches; blurred vision and sensitivity to light; slurred speech or saying things that don’t make sense; difficulty concentrating, thinking, or making decisions; difficulty with coordination or balance (like being unable to catch a ball or other easy tasks); feeling anxious or irritable for no apparent reason; feeling overly tired.

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:
   Any two of the following: the straps should always be fastened when you are riding; the helmet should never be worn over a bandana, baseball cap, or anything else that could cause it to shift in a crash; it should sit level and firmly but comfortably on your head and not be tilted forward, backward, or sideways; it should be replaced if it takes a serious hit, even if it looks undamaged.

4. Your brain has many different parts that work together. Name at least three major parts of the brain:
   Any three of the following: cerebrum, cerebellum, brain stem, pituitary gland, hypothalamus

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

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!”