Quiz

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) brisk walking  b) jogging
c) doing jumping jacks  d) jumping hurdles
e) lifting weights  f) sprinting

4. Wearing the right equipment with the right fit __________________ your chances of getting hurt.

5. If you've been ______________________________ 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 __________________________ 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) headache or dizziness  b) feeling sick or throwing up
c) feeling pain in the teeth or jaw  d) difficulty with coordination or balance
e) blurred vision  f) feeling happy or giddy
g) slurried speech or saying things that don't make sense  h) difficulty hearing
j) trouble remembering things  k) drooling or having a runny nose
l) feeling sleepy or having trouble falling asleep  m) swollen legs or feet
n) feeling anxious or irritable for no apparent reason  o) feeling sad or more emotional than usual
p) bad breath

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 ___________ says it’s OK.