Quiz

1. Which of the following is not a symptom of a concussion?
   a) nausea or vomiting
   b) slurred speech
   c) feeling anxious or irritable
   d) feeling happy
   e) “seeing stars”

2. Which of the following is not a common reason that high school sports injuries occur?
   a) improper training
   b) drinking too much water during the game
   c) wearing the wrong type of shoes
   d) lack of safety equipment

3. List three tips about bicycle helmets:

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

4. True or false: A concussion can affect a student's performance in school.

5. Which is a good way to heal from a concussion?
   a) Physical and mental rest
   b) Exercise and problem-solving video games
   c) Brain transplant

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 __________________ testing before their sports seasons start.

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!”