



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!"