



Quiz Answer Key

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:

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

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 baseline concussion 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!”