Personal Health Series Sports Safety

Name:	Date:
i (dilic)	Date:

Quiz

- 1. True or false: Players need to warm up before games, but not practice.
- 2. True or false: Mouthguards can help protect your teeth while you play sports.
- 3. Which activities are not good ways to warm up:
 - a) brisk walking, jogging
 - b) doing jumping jacks
 - c) jumping hurdles, lifting weights, sprinting
- 4. Wearing the right equipment with the right fit ______ your chances of getting hurt.
- 5. Write three signs a person may have had a concussion: