

Exploring Sports Medicine for Young Athletes

Sports Medicine · Practice Test · 20 Questions

1. What is the main goal of sports medicine?

- A) To make sports more competitive
- B) To keep athletes healthy and safe
- C) To invent new sports equipment
- D) To study animal athletes

2. Before playing a sport, it's important to do what to warm up your muscles?

- A) Sit down and rest
- B) Eat a big meal
- C) Stretch and do light exercises
- D) Play video games

3. What should you drink when you exercise to stay hydrated?

- A) Soda
- B) Juice boxes
- C) Water
- D) Milkshakes

4. If you get a scrape during a sport, what should you do first?

- A) Ignore it and keep playing
- B) Clean it gently with soap and water
- C) Put dirt on it
- D) Ask a friend to look at it

5. What type of injury happens when a muscle is stretched too far?

- A) A bruise
- B) A fracture
- C) A sprain
- D) A strain

6. What is protective gear used for in sports?

- A) To make you look cool
- B) To slow you down
- C) To protect you from injuries
- D) To carry your snacks

7. After playing sports, it is good to do this to help your muscles recover.

- A) Go for a long run
- B) Do more intense exercises
- C) Stretch and relax
- D) Eat sugary snacks

8. What is an example of protective gear for your head in some sports?

- A) Gloves
- B) Shin guards
- C) A helmet
- D) Socks

9. If you feel pain during a sport, what should you do?

- A) Push through the pain
- B) Stop and tell an adult
- C) Take a painkiller and keep going
- D) Ignore it

10. Getting enough sleep helps your body to:

- A) Get more tired
- B) Recover and grow stronger
- C) Forget how to play
- D) Eat more junk food

11. A common injury to a joint like your ankle or wrist is called a:

- A) Strain
- B) Sprain
- C) Fracture
- D) Bruise

12. What is the name for a professional who helps athletes with injuries and health?

- A) A chef
- B) A librarian
- C) A sports medicine doctor or trainer
- D) A musician

13. Eating healthy foods gives your body the energy it needs to:

- A) Sleep all day
- B) Play sports and learn
- C) Watch TV
- D) Build a fort

14. What is the R.I.C.E. method used for?

- A) To make you run faster
- B) To treat minor injuries like sprains
- C) To cool down after a game
- D) To warm up before exercise

15. Which of these is a healthy habit for someone who plays sports?

- A) Eating candy before practice
- B) Drinking sugary drinks
- C) Getting regular check-ups with a doctor
- D) Staying up late every night

16. What should you do if you get hit by a ball in a sensitive area like your eye?

- A) Rub it hard
- B) Immediately tell a coach or adult
- C) Try to see if it's bleeding
- D) Splash water on it yourself

17. What does it mean to 'cool down' after playing sports?

- A) To run as fast as you can
- B) To do slow movements and stretches
- C) To eat a cold dessert
- D) To take a nap

18. What is a sudden, forceful movement that can cause an injury?

- A) A gentle stretch
- B) A slow walk
- C) A quick twist or jolt
- D) A deep breath

19. Why is it important to wear the right shoes for a sport?

- A) They make you a better player
- B) They can prevent falls and help your feet
- C) They are more comfortable
- D) They look fashionable

20. When playing sports outdoors, what should you do to protect your skin from the sun?

- A) Wear dark clothing
- B) Stay in the shade
- C) Apply sunscreen
- D) Wear a scarf