

Fundamentals of Sports Medicine

Sports Medicine · Answer Key · 18 Questions

1. Which professional is trained to help injured athletes recover their strength and movement?

- A) Chef
- B) Physiotherapist**
- C) Architect
- D) Pilot

2. What is the main purpose of wearing a helmet while cycling?

- A) To look stylish
- B) To stay warm
- C) To protect the head from injury**
- D) To help you ride faster

3. What is the best liquid for athletes to drink to stay hydrated during exercise?

- A) Water**
- B) Sugary soda
- C) Hot coffee
- D) Energy drinks

4. Why should athletes perform a warm-up before playing sports?

- A) To get tired
- B) To prepare muscles and prevent injuries**
- C) To make the game end faster
- D) To increase the number of players

5. What is a common sign that a person might have a sprained ankle?

- A) Extreme hunger
- B) Swelling and pain**
- C) Loss of hearing
- D) Sneezing

6. Which part of the body do shin guards protect in sports like soccer?

- A) Lower legs**
- B) Hands
- C) Ears
- D) Shoulders

7. What does the 'R' in the RICE method for treating minor injuries stand for?

- A) Run
- B) Rest**
- C) Read
- D) Reach

8. What should an athlete do if they feel very dizzy during a hot day of sports?

- A) Keep playing
- B) Eat a large meal
- C) Stop and rest in the shade**
- D) Run faster

9. Which type of medical professional specializes in fixing broken bones?

- A) Orthopaedic surgeon**
- B) Music teacher
- C) Librarian
- D) Artist

10. Why are mouthguards used in contact sports?

- A) To help you breathe better
- B) To keep teeth and mouth safe**
- C) To change the color of your smile
- D) To help you speak louder

11. What is the primary function of a sweatband?

- A) To keep sweat out of the eyes**
- B) To make you run faster
- C) To improve your vision
- D) To act as a bandage

12. What does a sports medicine team use an ice pack for?

- A) To cool down a hot room
- B) To reduce swelling of an injury**
- C) To clean a uniform
- D) To help an athlete wake up

13. Which sport commonly requires the use of shoulder pads for safety?

- A) Golf
- B) American Football**
- C) Chess
- D) Swimming

14. What is the goal of stretching after a game?

A) To improve muscle flexibility

B) To grow taller

C) To lose weight quickly

D) To gain extra points

15. Where is a wrist guard typically worn to prevent injury?

A) On the neck

B) On the hand and wrist

C) On the ankle

D) On the forehead

16. What is a 'first aid kit' used for at a sports field?

A) Storing sports equipment

B) Providing initial care for minor injuries

C) Keeping food cold

D) Recording game scores

17. What should an athlete do if they have an open cut on their skin?

A) Leave it alone

B) Cover it with a clean bandage

C) Put dirt on it

D) Ignore it

18. Which of these is a safe way to prevent skin damage from the sun during outdoor sports?

A) Using sunscreen

B) Staying in the dark

C) Wearing no clothes

D) Running only at midnight