

Fundamentals of Sports Medicine

Sports Medicine · Practice Test · 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