

High School Sports Medicine Essentials

Sports Medicine · Answer Key · 10 Questions

1. Which of the following is the primary function of cartilage in a joint?

- A) To produce synovial fluid
- B) To provide cushioning and reduce friction**
- C) To anchor muscles to bones
- D) To store calcium for bone strength

2. What is the term for the phase of rehabilitation that focuses on restoring range of motion and reducing pain?

- A) Strengthening phase
- B) Proprioception phase
- C) Acute phase (or protection phase)**
- D) Return to sport phase

3. Which of these is a common symptom of dehydration in athletes?

- A) Increased energy levels
- B) Elevated heart rate
- C) Reduced thirst sensation
- D) Muscle cramps**

4. The RICE acronym for acute injury management stands for Rest, Ice, Compression, and what?

- A) Elevation**
- B) Exercise
- C) Extension
- D) Enzymes

5. What is the main function of ligaments in the musculoskeletal system?

- A) To contract and produce movement
- B) To connect bone to bone**
- C) To connect muscle to bone
- D) To absorb shock between bones

6. Which type of muscle contraction occurs when the muscle lengthens under tension?

- A) Isotonic concentric
- B) Isometric
- C) Isotonic eccentric**
- D) Isokinetic

7. Heatstroke is a severe heat illness characterised by a core body temperature above:

- A) 37.5°C (99.5°F)
- B) 39.4°C (103°F)
- C) 41°C (105.8°F)**
- D) 36°C (96.8°F)

8. Which of the following is a key component of a proper warm-up routine?

- A) Static stretching of major muscle groups
- B) High-intensity interval training
- C) Dynamic movements that mimic sport-specific actions**
- D) Cool-down exercises

9. What is the primary gas transported by red blood cells?

- A) Carbon dioxide
- B) Nitrogen
- C) Oxygen**
- D) Hydrogen

10. The study of how forces affect the human body during movement is known as:

- A) Kinesiology**
- B) Physiology
- C) Anatomy
- D) Biochemistry