

Fundamentals of Sports Medicine

Sports Medicine · Answer Key · 7 Questions

1. What is the primary focus of sports medicine?

- A) Treating only professional athletes
- B) Diagnosing and treating injuries related to physical activity**
- C) Designing sports equipment
- D) Managing sports event logistics

2. An injury to a ligament, often caused by twisting or hyperextension, is commonly known as a what?

- A) Strain
- B) Fracture
- C) Sprain**
- D) Contusion

3. In the R.I.C.E. protocol for immediate injury treatment, what does the "R" stand for?

- A) Run
- B) Rest**
- C) Rehabilitate
- D) Recuperate

4. Which healthcare professional specializes in preventing, diagnosing, and treating muscle and bone injuries and illnesses, often working with athletes?

- A) Dentist
- B) Pharmacist
- C) Athletic Trainer**
- D) Optometrist

5. What is a primary benefit of performing a warm-up before exercise?

- A) To completely exhaust muscles
- B) To increase heart rate and blood flow to muscles**
- C) To make muscles weaker
- D) To cool down the body

6. What is the main purpose of a cool-down period after exercise?

- A) To sharply increase heart rate
- B) To reduce flexibility
- C) To gradually lower heart rate and prevent blood pooling**
- D) To immediately stop sweating

7. What is the main reason athletes are advised to stay well-hydrated during physical activity?

A) To gain weight quickly

B) To prevent dehydration and maintain performance

C) To increase muscle soreness

D) To slow down metabolism