

Getting to Know Sports Medicine

Sports Medicine · Practice Test · 10 Questions

1. What do you call a trained person who helps athletes when they get hurt during sports?

- A) A. Chef
- B) B. Sports Doctor
- C) C. Bus Driver
- D) D. Librarian

2. Why is it important to drink water before, during, and after playing sports?

- A) A. To make your toys float
- B) B. To stay hydrated and energized
- C) C. To make your shoes lighter
- D) D. To help you sing louder

3. What is something you do before playing a sport to get your muscles ready?

- A) A. Take a nap
- B) B. Eat candy
- C) C. Warm-up exercises
- D) D. Watch cartoons

4. What part of your body do you need to protect when playing sports?

- A) A. Your elbows
- B) B. Your knees
- C) C. Your head
- D) D. All of the above

5. What kind of special shoes do you wear for running or playing sports to help your feet?

- A) A. Slippers
- B) B. Dress shoes
- C) C. Sneakers or trainers
- D) D. Rain boots

6. What should you do after playing a sport to help your muscles relax?

- A) A. Jump up and down
- B) B. Cool-down exercises
- C) C. Shout very loudly
- D) D. Eat ice cream immediately

7. If you fall and get a scrape, what might a sports medicine helper use to clean it?

- A) A. Glitter
- B) B. Soap and water
- C) C. Chocolate syrup
- D) D. Sand

8. What is something you can wear to protect your head when riding a bicycle?

- A) A. A hat
- B) B. A scarf
- C) C. A helmet
- D) D. Sunglasses

9. Why is it important to have good balance when playing sports?

- A) A. To help you juggle
- B) B. To help you stay upright and not fall
- C) C. To make you a faster runner
- D) D. To help you hear better

10. What is the name for when you stretch your muscles gently to make them longer and more flexible?

- A) A. Running fast
- B) B. Lifting heavy things
- C) C. Stretching
- D) D. Yelling