

Sports Medicine Basics for Kids

Sports Medicine · Practice Test · 18 Questions

1. What do doctors recommend you wear to protect your brain when riding a bicycle?

- A) A pair of sunglasses
- B) A hard plastic helmet
- C) A colorful hat
- D) A heavy winter coat

2. Which part of your body acts like a frame to hold you up and keep you standing tall while you run?

- A) The stomach
- B) The heart
- C) The skeleton
- D) The lungs

3. What is the name of the white, tough tissue that connects your muscles to your bones?

- A) Tendons
- B) Skin
- C) Hair
- D) Nails

4. Why do athletes drink water while they are playing sports?

- A) To grow taller instantly
- B) To stay hydrated
- C) To make their shoes faster
- D) To change their eye color

5. What should you do before starting a big game to get your muscles ready and warm?

- A) Eat a giant cake
- B) Take a long nap
- C) Do some light stretching
- D) Watch a scary movie

6. Which body part pumps blood to all your muscles while you are exercising?

- A) The brain
- B) The heart
- C) The ear
- D) The foot

7. What is the main purpose of wearing shin guards during a soccer game?

- A) To look stylish
- B) To help you run faster
- C) To protect your lower legs from impacts
- D) To keep your socks clean

8. When you have a sore muscle or a bump, what do doctors often use to help reduce swelling?

- A) A cold ice pack
- B) A flashlight
- C) A loud whistle
- D) A heavy textbook

9. What are the 'hinges' in your body that allow your arms and legs to bend?

- A) Joints
- B) Fingernails
- C) Elbow pads
- D) Lungs

10. Which nutrient is most helpful for building strong bones so you can play sports?

- A) Sugar
- B) Calcium
- C) Salt
- D) Pepper

11. What is the correct way to treat a small scrape or cut from falling on the playground?

- A) Ignore it forever
- B) Cover it with dirt
- C) Clean it and put on a bandage
- D) Put tape on it

12. What does a sports doctor mean when they tell you to 'rest' an injury?

- A) Play even harder
- B) Give the body time to heal without activity
- C) Run a marathon
- D) Sleep for a whole week

13. What is the main job of your lungs while you are running?

- A) To hear the referee
- B) To help you breathe in oxygen
- C) To help you balance
- D) To pump blood

14. Why do athletes wear rubber-soled sneakers instead of dress shoes?

- A) To change their height
- B) To look professional
- C) To provide grip and prevent slipping
- D) To make loud noises

15. What happens to your heart rate when you start running very fast?

- A) It slows down
- B) It stays exactly the same
- C) It gets faster
- D) It stops completely

16. Which part of your body do you use to control your movements and balance while playing sports?

- A) The brain
- B) The nose
- C) The hair
- D) The elbow

17. What is a common safety rule in sports to prevent getting hit in the eyes?

- A) Wear protective goggles
- B) Close your eyes while playing
- C) Wear a heavy scarf
- D) Look at the sun

18. If you feel very dizzy or tired while playing outside in the heat, what is the best thing to do?

- A) Keep running
- B) Find a cool place to sit and tell an adult
- C) Jump up and down
- D) Hide from the sun