

# Concussion Pre-Test/Post-Test



1. True or False: A concussion is a brain injury.
2. True or False: Concussions can occur in any recreational sport or activity.
3. True or False: Following a coach's rules for safety and the rules of the sport, practicing good sportsmanship at all times and using the proper sports equipment will prevent a concussion.
4. True or False: People only get concussions in contact sports like football and boxing.
5. True or False: Concussions are only caused by a hard hit to the head.
6. True or False: Heading a soccer ball can cause a concussion.
7. True or False: Wearing a helmet will prevent a concussion from happening.
8. True or False: Nausea, headaches, sensitivity to light or noise, and difficulty concentrating are all symptoms of a concussion.
9. True or False: Athletes who have a concussion should not return to play until they are totally symptom free, and have received approval from a doctor or health care professional.
10. True or False: You are ok to play again once the headache is gone.
11. True or False: A normal brain scan means you are clear to play again.
12. True or False: A concussion will cause a person to have headaches for years.
13. True or False: If a person falls asleep with a concussion, they could die.