



Personal Health Series Sports Safety

Name: Date:

1.	True	or false: Mouthguards can help p	otect your	teeth while you play sports.
2.	True or false: Players need to warm up before games, but not practice.			
3.	Unde a) c) e)	doing jumping jacks		ing oing hurdles nting
4.	Wearing the right equipment with the right fit your chances of getting hurt.			
5.	If you've been and you try to come back too soon, you run the risk of reinjuring yourself — maybe even more seriously than before.			
6.	True or false: All sports supplements sold in the United States must be checked and approved by the U.S. Food and Drug Administration (FDA).			
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	and a	approved by the U.S. Food and Dr	ug Adminis ubstances I	ration (FDA). ike anabolic steroids or growth hormone (hGH)
7.	True can I	approved by the U.S. Food and Dr or false: Teen athletes who use s nave problems with growth, and n	ug Adminis ubstances l ay develop	ration (FDA). ike anabolic steroids or growth hormone (hGH)
7. 8.	True can l Stude or ov	approved by the U.S. Food and Dr or false: Teen athletes who use s nave problems with growth, and n ent athletes should check with the	ug Adminis ubstances l ay develop rir	ike anabolic steroids or growth hormone (hGH) diabetes and heart problems. before taking any supplement
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- 11. EXTRA CREDIT #1 True or false: Most people who get concussions don't pass out.
- 12. EXTRA CREDIT #2 If you've had a concussion, you can't return to practice or play until a ______ says it's OK.