

Grade 9

Healthy Heart Schools' Program Concussion Module Quiz

Name: ANSWER KEY

Teacher & Class Period: _____

Please complete the following questions to test your understanding of the Concussion Module.

1. What are two examples of thinking problems caused by a concussion?

The following answers are acceptable: do not know time/date/place; general confusion; memory issues; knocked out; difficulty concentrating

2. Concussions can be seen on x-rays, CT scans and MRIs? (true/false)

True False

3. Name three red flag symptoms of a concussion.

The following answers are acceptable: neck pain; double vision; weakness in arms or legs; severe or increasing headache; deteriorating conscious state; vomiting more than once; seizure or convulsion; loss of consciousness

4. What does the acronym AVPU stand for in relation to checking cognitive function following a concussion.

A: Alert

V: Voice

P: Pain

U: Unresponsive

5. Signs and symptoms of a concussion usually take 1-4 weeks, but may last longer.

6. What are two ways to reduce the risk of concussions happening?

The following answers are acceptable: Awareness and education,; focusing on recognizing the symptoms and procedures to deal with a student with a concussion;Wearing sport specific protective equipment; Following OPHEA sport specific safety guidelines; Teach skills in proper progression; Safety procedures must be encouraged and followed; Schools must provide reassurance, support and academic accommodations

7. What is a concussion caused by ?

A concussion is caused by a blow to the head, face, neck or body that causes the brain to move rapidly within the skull