

## Quiz - *Just a Bang to the Head?*

1. Hard blows to the head
  - A. are not dangerous unless they result in a loss of consciousness.
  - B. are more dangerous for people who are older than for children.
  - C. result in brain damage that can be easily seen on brain scans.
  - D. are associated with symptoms such as memory loss and confusion.
2. The best method for determining whether someone has a concussion is
  - A. testing their coordination and mental ability.
  - B. studying their X-rays and brain scans.
  - C. counting how many blows to the head they had.
  - D. asking if they followed their coach's rules for safe play.
3. The cranium, meninges, and cerebrospinal fluid
  - A. cause twisting and shearing of nerve cells.
  - B. help to protect the brain from injury.
  - C. are brain regions involved in memory and consciousness.
  - D. may lead to headaches and seizures.
4. Most concussions occur when
  - A. the brain bounces violently against the skull.
  - B. a person loses consciousness.
  - C. a broken skull punctures delicate brain tissue.
  - D. a person is knocked unconscious.
5. Which part of the nervous system is most likely damaged with a concussion?
  - A. The prefrontal cortex
  - B. The medulla
  - C. The cerebellum
  - D. The spinal cord
6. The symptoms of concussions are most likely the result of
  - A. formation of new synapses.
  - B. twisting and tearing of axons.
  - C. increased myelin around neurons.
  - D. increased numbers of dendrites.
7. Damage to structure X is most likely to result in difficulties with
  - A. breathing and heart rate.
  - B. memory and concentration.
  - C. balance and coordination.
  - D. vision and hearing.
8. Brain injuries in children and teens may be more damaging because
  - A. the development of the myelin sheaths continues until adulthood.
  - B. they are more susceptible to depression and personality changes.
  - C. their neurons are dividing rapidly as their brains grow.
  - D. their cerebrospinal fluid has not developed yet.



9. In the week immediately following a concussion,
  - A. more oxygen and glucose is needed to repair damaged brain cells.
  - B. treatment is needed only if brain scans reveal brain damage.
  - C. headaches continue but other symptoms disappear quickly.
  - D. blood flow to the brain decreases.
  
10. A second concussion before total recovery from a first concussion
  - A. is rarely life-threatening.
  - B. is usually not a problem for fit and healthy athletes.
  - C. often leads to long-term brain damage.
  - D. is not a problem unless the first concussion is a severe one.
  
11. Following a blow to the head it is best to
  - A. rest and avoid vigorous physical activity.
  - B. return to normal activity.
  - C. see a doctor only if you were knocked unconscious.
  - D. see a doctor only if headaches persist for more than a month.
  
12. Symptoms of brain damage due to a concussion
  - A. may begin days or weeks after the concussion.
  - B. always include seizures, severe headaches, or loss of consciousness.
  - C. usually disappear with hours after the injury.
  - D. disappear more rapidly if an athlete returns to play immediately.
  
13. Which people are most likely to develop serious and long-lasting symptoms if they have a concussion?
  - A. Young children
  - B. Teen athletes
  - C. Adults
  - D. Elderly people
  
14. Which of the following statements about concussions is true?
  - A. CAT scans and MRI's usually do not indicate any abnormalities.
  - B. An individual who has had one concussion is more likely to have another concussion than a person who has never had a concussion.
  - C. An individual who has been knocked unconscious will suffer a worse concussion than someone who didn't lose consciousness.
  - D. An individual who wears a helmet cannot get a concussion.
  
15. A concussion may cause long-term changes in a person's
  - A. memory.
  - B. personality.
  - C. concentration.
  - D. All of the above