

Medical Conditions

True/False

Indicate whether the statement is true or false.

- F 1. The team coach is responsible for setting up an athletic training room.
- T 2. An athletic training student can be very helpful in keeping athletes hydrated as well as observing for minor injuries that athletes might not report.
- F 3. Record keeping should be delegated to the athletes to leave the athletic trainer free for other tasks.
- T 4. An emergency information and consent form must be on file for each athlete before she participates in a sports activity.
- F 5. The athletic trainer does not need to be involved in preseason activities before the actual playing season starts.
- T 6. Hypoglycemia that is not treated can lead to insulin shock.
- T 7. Diabetes can often be treated through proper diet management.
- T 8. Diabetic ketoacidosis can become life threatening.
- F 9. A carbohydrate snack eaten 30 minutes after activity may help to control blood sugar levels in diabetics.
- F 10. Hypoglycemic athletes should avoid sugar at the onset of symptoms.

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- C 11. The person in charge of the sports medicine team is the
 - a. coach.
 - b. certified athletic trainer.
 - c. physician.
 - d. school principal.
- B 12. If an athlete is injured, the athletic trainer should always
 - a. stop play immediately.
 - b. provide first aid.
 - c. arrange for transportation to the emergency department.
 - d. notify a family member of the injury.
- B 13. A certified athletic trainer must
 - a. have a master's degree.
 - b. be certified to perform CPR.
 - c. be a certified emergency medical technician.
 - d. complete a six-month internship.

- A 14. A preparticipation physical evaluation form is used to
- a. find out if an athlete has a condition that the trainer or coach should know about.
 - b. make note of any special instructions that may affect the athlete's health.
 - c. remove any liability from the coach and trainer.
 - d. provide all the insurance information health care providers will need to properly treat any injury that may affect an athlete.
- C 15. What does EMT stand for?
- a. emergency medical training
 - b. emergency medical technology
 - c. emergency medical technician
 - d. emergency muscle training
- C 16. Who takes over in the absence of an athletic trainer?
- a. the student trainer
 - b. the equipment manager
 - c. the coach
 - d. the assistant coach
- A 17. Assumption of risk does not cover
- a. negligence.
 - b. liability.
 - c. public medicine.
 - d. accidents.
- A 18. Insulin is a hormone that regulates
- a. blood sugar.
 - b. body temperature.
 - c. oxygen levels.
 - d. energy levels.
- C 19. People who are prone to seizures are usually discouraged from scuba diving, swimming alone, or
- a. playing football.
 - b. playing hockey.
 - c. participating in sports at great heights.
 - d. participating in equestrian events.
- B 20. The main concern when a person is having a seizure is to
- a. try to stop the seizure.
 - b. prevent the victim or anyone else from getting hurt.
 - c. administer CPR.
 - d. prevent a crowd from gathering.
- D 21. Which of the following is NOT a symptom of asthma?
- a. wheezing
 - b. shortness of breath
 - c. coughing
 - d. sneezing

Matching

Match each item to a definition listed below.

- a. athletic training student
- b. duration
- c. intensity
- d. team physician
- e. certified athletic trainer
- f. athlete
- g. coach
- h. risk acknowledgment form

- D 22. makes all the final decisions about an athlete's medical care
- B 23. length of time of a physical activity
- E 24. usually the first to arrive and the last to leave at practices and games

Name: _____

ID: A

- F 25. responsible for carrying out instructions given by the physician, athletic trainer, or coach

Short Answer

26. What does NATA stand for?
National Athletic Trainers' Association
27. List five responsibilities of an athletic trainer.
28. List 10 important skills and/or personal qualities that are required in athletic trainers.
29. Describe the general symptoms of diabetes mellitus and the signs and symptoms of diabetic ketoacidosis. What should you do if the athlete shows signs and symptoms of diabetic ketoacidosis?
30. List two preventative measures that can be taken to avoid the transmission of a cold or flu virus to an entire team.