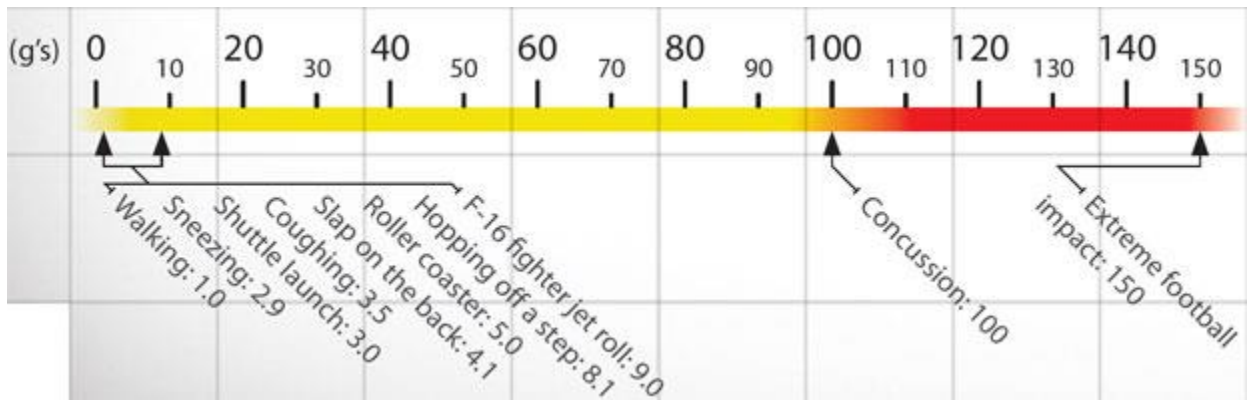


## Lessons from the Gridiron: The impact of concussions – Kim Gorgens: Protecting the brain against concussion TED Talk

1. How many kids under the age of 14 had concussions and were seen in an emergency room in 2008?

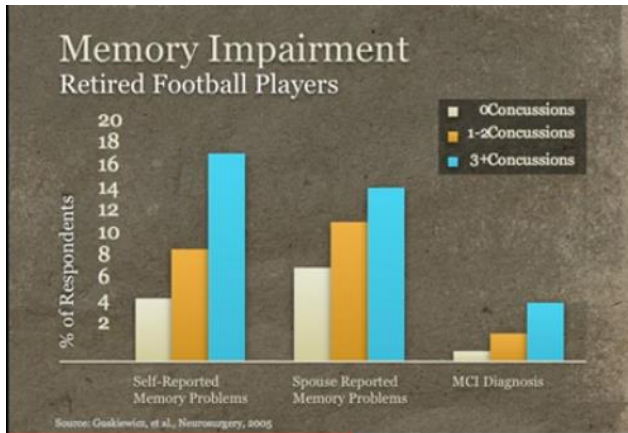
### G Forces Chart from Sports Illustrated



2. A car going 40 miles per hour hits a fixed barrier, how many Gs? Add it to the chart above.
3. A heavy weight boxer punches you straight in the face, how many Gs? Add it to the chart above.
4. The hit sustained by the player in the high school football video, how many G's? Add it to the chart above.
5. How do we know if someone has had a concussion? Do they have to black out to have had a concussion? What are some of the symptoms of a concussion?
6. How many more times likely are teenagers likely to incur a catastrophic injury than their college aged peers? Why are they more at risk?

7. Are teenagers who sustain a concussion more or less likely to have another concussion?

8. Explain the chart and its significance in the space to the right. MCI stands for Mild Cognitive Impairment



9. Explain the three ways to protect yourself from brain injury

Study up

Speak Up

Suit Up

**Resources to learn more about concussions in kids and teenagers**

CDC Heads Up Program

<http://www.cdc.gov/concussion/headsup/youth.html>

Traumatic Brain Injury Networking Team

<http://cokidswithbraininjury.com/>