**STUDY GUIDE**

1. What is the definition of a concussion?

Temporarily impaired brain function caused by a jarring impact to the head or by a rotational force.

1. Describe the difference in the grades of concussions (1-3).

Grade 1: there is no loss of consciousness, loss of memory lasts less than 30 minutes.

Grade 2:involves loss of consciousness for less than a minute.

Grade 3: loss of consciousness for over a minute

1. Name 3 areas of the training room and describe their purpose(think back to your diagram you made)

Treatment Area, Rehab Area, Wet Area will be the ones on your test. Study these.

1. What is negligence?

A legal wrong characterized by the failure to act as a reasonably prudent person would act in a similar situation.

1. What is Assumption of risk?

When an athlete fully understands that she/he may be injured by participating in sport.

1. What is a calorie?

A measure of the energy released by food as it is digested by the human body

1. Define Bulimia

An eating disorder marked by binging and purging

1. Define Anorexia

An eating disorder marked by a fear of gain weight and loss of appetite

1. Give three examples of each: Contact Sports, Limited Contact, and non-contact sports

Contact: Football, Rugby, Wrestling

Limted: Soccer, Basketball, Volleyball

Non Contact: Yoga, running, golf

1. Define a Sprain vs Strain

Sprain injury to ligament

Strain injury to muscle or tendon

**Study Guide Part 2**

List and describe 3 these fractures, avulsion, stress, and spiral

Avulsion occurs when a ligament or tendon pulls so hard it’s a bony attachment that a portion of the bone is torn away.

Stress: fatigue fracture that occurs to the bone. Caused by a repetitive motion, or added stress.

Spiral torsional force along the length of a bone causing a fracture that looks like a spiral

List the 3 stages of a healing bone fracture.

Stage 1 Acute

Stage 2 Repair

Stage 3 Remodeling

List the grades of Sprains/Strains and what each grade means.

Grade 1 tissue is over stretched and there is no loss of motion in the injured body part

Grade 2 tissue is partially torn and there is some loss of motion

Grade 3 tissue is completely pulled apart

Define Additive

A substance added to something in small quantities to improve or preserve it.

Write 3-4 sentences about MRSA (what is it, treatment, how you can contract it).

MRSA spread by contact there is no set treatment it is resistant to antibiotics

What are long term side effects of eating disorders?

Muscle loss, heart conditions, tooth decay, reduction of bone density

What is the purpose of consuming Protein after a work out?

Helps muscles rebuild and recover

List 3 Sports Medicine Umbrella Careers

AT, PT, nutritionist, Doctor ETC