

**JCPS HEALTH AND SPORTS SAFETY COURSE
STUDY GUIDE AND FACT SHEET**

(This form is for your records. You may complete it as you watch the video and keep it for future reference)

1. There are five sections to the JCPS Health and Sports Safety Guide. What are they?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Teena Murray, MS CSCS USAW, University of Louisville, Jewish Hospital

1. List one “nutrient-empty” food. _____
2. List one “nutrient dense” food. _____
3. Always eat something ___ to ___ minutes before exercising.
4. Remember, thirst is not a good indicator of your hydration.

Jerry May, ATC, Dr. Rudy J. Ellis Sports Medicine Center

1. List 2 signs/symptoms of a concussion: 1. _____ 2. _____
2. List 2 signs/symptoms of a sprain: 1. _____ 2. _____
3. True or False It is a parent’s decision to clear a student-athlete after a concussion.
4. What is the R-I-C-E method of treatment:
R - _____
I - _____
C - _____
E - _____

Doug Means, MA ATC, KORT Physical Therapy

1. List 2 signs of heat cramps: 1. _____ 2. _____
2. How do you treat heat cramps? _____
3. What are 2 signs/symptoms of heat exhaustion? 1. _____ 2. _____
4. How do you treat heat exhaustion? _____
5. True or False Heat Stroke is a medical emergency.

John Lach, MD, Norton Community Medical Associates

1. True or False MRSA is usually spread by skin-to-skin contact.
2. MRSA can live on a surface for up to ____ hours.
3. What should you do if you think you have MRSA? _____

Remember:

1. Report all injuries immediately to your coach, trainer, and parents.
2. Submit all injury forms to the insurance company within 90 days.
3. Stay Hydrated all day and at practice and games. What color is your urine?
4. Know everything that you are putting in your body.
5. Eat Right.

If you have questions, please feel free to contact any of the following medical professionals:

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