

# Fighting Foundation Video Test

1. Concussions are linked to the brain disease CTE (**TRUE**)
2. You have to be knocked out to suffer a concussion (**FALSE**)
3. CTE is not that serious because there is a cure for it (**FALSE**)
4. CTE is linked to depression and suicide risk (**TRUE**)
5. It is always safe to resume sparring if you wait 14 days after a concussion (**FALSE**)
6. Repeated hits to the head are not dangerous unless you get a concussion (**FALSE**)
7. Concussions will always heal if you give them enough rest (**FALSE**)
8. Which of these symptoms is associated with Stage 1 CTE:
  - a. Short term memory loss
  - b. Mild aggression
  - c. Depression
  - d. **All of the above**
9. Gloves and headgear prevent brain injury (**FALSE**)
10. There is no way to train unless I'm getting hit in the head (**FALSE**)