

Fighting Foundation Video Test

1. Concussions are linked to the brain disease CTE (TRUE or FALSE)
2. You have to be knocked out to suffer a concussion (TRUE or FALSE)
3. CTE is not that serious because there is a cure for it (TRUE or FALSE)
4. CTE is linked to depression and suicide risk (TRUE or FALSE)
5. It is always safe to resume sparring if you wait 14 days after a concussion (TRUE or FALSE)
6. Repeated hits to the head are not dangerous unless you get a concussion (TRUE or FALSE)
7. Concussions will always heal if you give them enough rest (TRUE or 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 (TRUE or FALSE)
10. There is no way to train unless I'm getting hit in the head (TRUE or FALSE)