

SPORT Prevention Plus Wellness Program
Knowledge Quiz
Teacher/Parent Version (Answers Bolded)

1. Which is NOT correct? Playing sports and physical activities are a great way to:
 - a. Get regular exercise
 - b. Have fun
 - c. Make money**
 - d. Keep yourself healthy
 - e. Help you feel good about yourself
2. Which is NOT correct? To get the most benefits from physical activities, they must be done:
 - a. Regularly
 - b. For at least 30-60 minutes
 - c. On most days
 - d. Fast as possible**
 - e. Using a variety of activities
3. Which is NOT correct? Regular physical activity can help you:
 - a. Feel and look better
 - b. Do better in school
 - c. Be a nice person**
 - d. Control stress and weight
 - e. Increase your energy
4. Which is NOT correct? Alcohol use hurts physical activity by:
 - a. Reducing lung function**
 - b. Decreasing energy
 - c. Adding empty calories
 - d. Impairing physical skills
 - e. Harming your health
5. Examples of eating healthy include all but:
 - a. Eating breakfast most mornings
 - b. Eating the same foods everyday**
 - c. Eating fresh vegetables and fruits
 - d. Limiting junk food
 - e. Eating low fat dairy foods (e.g., milk and cheese)

6. Which is NOT correct? Alcohol use can harm your healthy nutrition by making you:
- a. Gain weight
 - b. Have less energy
 - c. Rob your body of vitamins and minerals
 - d. Eat empty calorie foods
 - e. Drink high calorie drinks**
7. Getting at least 8 hours sleep and regularly eating healthy foods are keys to:
- a. Having more energy
 - b. Helping you think clearly
 - c. Feeling better
 - d. Doing better in school and sports
 - e. All the above**
8. Problems caused by using alcohol and drugs include all but:
- a. Interfering with achieving important life goals
 - b. Doing things you later regret
 - c. Draining your energy
 - d. Reducing your weight to much**
 - e. Having shallow conversations
9. Which is NOT correct? Alcohol and drug use can result in:
- a. Getting sick or hurt
 - b. Having arguments or fights
 - c. Getting into trouble at home or with police
 - d. Embarrassing yourself in front of others
 - e. Making better friends**
10. Effective strategies to avoid alcohol and drug use include all but:
- a. Practicing saying "No" to offers to use alcohol and drugs
 - b. Staying away from places alcohol or drugs might be used
 - c. Deciding in advance to avoid alcohol and drug use
 - d. Trying alcohol just once to see what it's like**
 - e. Exercising regularly or playing a sport
11. True or False? Most young people your age do not currently drink alcohol.
- a. True**
 - b. False
12. Alcohol misuse can interfere with:
- a. Getting a good job
 - b. Completing school
 - c. Having healthy relationships
 - d. Going to college
 - e. All the above**

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Youth Version

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