Q1: True or False: Low-risk alcohol use by student-athletes has increased over the last 10 years.
   ○ True (CORRECT)
   ○ False

Q2: What percent of student-athletes NEVER drink alcohol during their competition season?
   ○ one-quarter
   ○ one-third
   ○ One-half (CORRECT)
   ○ two-thirds

Q3: How much water may a student-athlete need to rehydrate after drinking 5 standard drinks?
   ○ 17 cups of water (CORRECT)
   ○ 10 cups of water
   ○ 23 cups of water
   ○ 5 cups of water

Q4: Within 4 hours of drinking, dehydration can cause what % loss of body weight?
   ○ 5% body weight loss
   ○ 3% body weight loss (CORRECT)
   ○ 1% body weight loss
   ○ 0.5% body weight loss

Q5: Alcohol use can decrease strength, power, and sprint performance for how long?
   ○ Until the athlete is sober
   ○ Up to 24 hours
   ○ Up to 48 hours
   ○ Up to 72 hours (CORRECT)

Q6: What is the #1 day of the week for athletes to become injured?
   ○ Monday (CORRECT)
   ○ Sunday
   ○ Saturday
   ○ Friday
Q7: The after-effects of getting drunk once can negate how many days of training?
- 1 day
- 5 days
- 10 days
- 14 days (CORRECT)

Q8: For college student-athletes, a hangover can reduce athletic performance by what %?
- 0% reduction
- 5-10% reduction
- 15-20% reduction (CORRECT)
- 25-30% reduction

Q9: For up to how long can marijuana impair athletic psychomotor skills?
- 48 hours
- 36 hours (CORRECT)
- 24 hours
- 12 hours

Q10: True or False: Marijuana can affect the ability to regulate body temperature.
- True (CORRECT)
- False