

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

- True (CORRECT)
  - False
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**Q2:** What percent of student-athletes NEVER drink alcohol during their competition season?

- one-quarter
  - one-third
  - One-half (CORRECT)
  - two-thirds
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**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
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**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
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**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)
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**Q6:** What is the #1 day of the week for athletes to become injured?

- Monday (CORRECT)
  - Sunday
  - Saturday
  - Friday
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**Q7:**The after-effects of getting drunk once can negate how many days of training?

- 1 day
  - 5 days
  - 10 days
  - 14 days (CORRECT)
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**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
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**Q9:**For up to how long can marijuana impair athletic psychomotor skills?

- 48 hours
  - 36 hours (CORRECT)
  - 24 hours
  - 12 hours
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**Q10:**True or False: Marijuana can affect the ability to regulate body temperature.

- True (CORRECT)
  - False
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