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?
○ 34%
○ 44%
○ 54% (CORRECT)
○ 64%

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

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

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%
   ○ 5-10%
   ○ 15-20% (CORRECT)
   ○ 25-30%

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