DII APPLE Kahoot Quiz Template

Q1: What percent of DII student-athletes NEVER drink alcohol during their competition season?

- 38%
- 48%
- 58% (correct)
- 68%

Q2: True or False: Compared to 10 years ago, student-athletes now drink at more low-risk levels.

- True (correct)
- False

Q3: How many cups of water does a student-athlete need to rehydrate after having 5 standard drinks?

- 5 cups of water
- 10 cups of water
- 23 cups of water
- 17 cups of water (correct)

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?

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

- 14 days (correct)
- 10 days
- 5 days
- 1 day

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: Marijuana can impair athletic psychomotor skills for how many hours?

- 48 hours
- 36 hours (correct)
- 24 hours
- 12 hours

Q10: True or False: Marijuana can impair the ability to regulate body temperature.

- True (correct)
- False