

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
-