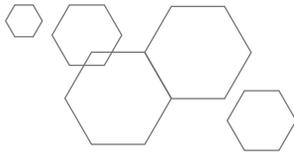




YOUTH SPORTS COACHES QUESTIONNAIRE



Below you'll find the questions and answers to our ACE questionnaire you completed in regard to youth fitness principles you use on the job. Please note that correct answers are highlighted in red. You may keep this document for your reference, if you like. For additional information on youth fitness, please visit ACEfit.com.

1. Which of the following athletes is at the **LOWEST** risk of developing a heat-related illness?

- A. An overweight high school football player who recently recovered from a diarrheal illness engaging in two-a-day practices in 80 degree Fahrenheit heat
- B. A physically fit, well-rested 12-year-old soccer player participating in a tournament in 95 degree Fahrenheit heat
- C. A physically fit, mildly dehydrated 15-year-old cross-country runner completing a five-mile run in 90 degree Fahrenheit heat
- D. A previously inactive 8-year-old boy with a mildly elevated temperature playing tag with his friends in 95 degree Fahrenheit weather

2. A player is experiencing shortness of breath, coughing, wheezing, and tightness in his chest. What condition is he **MOST** likely experiencing?

- A. An asthma attack
- B. A heart attack
- C. A concussion
- D. A fractured rib

3. The preferred way to stay safe and prevent hypothermia when exercising outdoors is to _____ .

- A. Dress as warmly as possible
- B. Drink warm fluids prior to exercising
- C. Eat warm foods before exercise so the core body temperature increases
- D. Dress in layers and adjust them according to body temperature

4. Current recommendations state that children and adolescents should perform **60** minutes of _____ on a daily basis.

- A. High-intensity cardiorespiratory exercise
- B. Body-weight exercises and calisthenics
- C. Moderate to vigorous physical activity
- D. Strength training with light to moderate loads

5. Fluid intake should be dictated by taste preference, since volume of intake, rather than fluid content, is the most critical issue in child athletes.

- A. True
- B. False

6. Before exercise, it is recommended that athletes consume _____ .

- A. 8-12 ounces of fluid, 10-15 minutes before exercise
- B. 5-10 ounces of fluid, 15-20 minutes before exercise
- C. 16-20 ounces of fluid, 10-15 minutes before exercise
- D. Players do not need any fluids before exercise

7. What does the acronym RICE stand for in injury prevention and care?

- A. Rest, ice, console, elevation
- B. Rest, inform, console, evaluation
- C. Rest, ice, compression, elevation
- D. Rest, inform, compression, evaluation

8. Rapid swelling of the brain following a second head injury that occurs before the symptoms of a previous head injury have resolved is referred to as _____ .

- A. Second Cerebral Injury
- B. Second Impact Syndrome
- C. Second Relative Abrasion
- D. Post Concussive Syndrome

9. A youth sports coach who sees a decrease in performance and sudden lack of enthusiasm about participation in one of his or her athletes is MOST likely seeing the results of _____ .

- A. Overtraining
- B. Overuse injury
- C. Under-training
- D. Puberty

10. If children are ready to participate in organized sports, they are also ready for some type of strength training.

- A. True
- B. False

11. Which two micronutrients are MOST likely to be deficient in youth athletes?

- A. Calcium and vitamin D
- B. Iron and vitamin C
- C. Vitamin D and vitamin C
- D. Calcium and iron

12. Which of the following statements comparing youth exercisers to adult exercisers is MOST accurate?

- A. Children tend to recover more quickly from high-intensity bouts of physical exertion.
- B. Children have higher levels of anaerobic power than adults.
- C. Children eliminate lactic acid more slowly after exercise than adults.
- D. Children typically perform better on high-energy activities lasting 30–120 seconds.

13. One of the athletes on your team has begun to struggle in practice. He looks pale and complains of dizziness, fatigue, and a throbbing headache. As he describes his symptoms, he begins to vomit. When you try to talk to him, he is somewhat disoriented. He does not fall or hit his head. As his coach, what should you do?

- A. Have the child lie down on the ground where he is, identify a person to call 9-1-1 while you offer the child ice cold water, give the child a fever-reducer such as Tylenol or ibuprofen, and await EMS arrival
- B. Move the child to shade, identify a person to call 9-1-1 while you remove protective equipment and clothing, give the child a fever-reducer such as Tylenol or ibuprofen, force the child to drink ice cold water, and await EMS arrival
- C. Remove the child from practice and move him to the shade, instruct an assistant coach to attend to the athlete and call the child's mother while you call 9-1-1, continue practice while you await arrival of the child's parents and EMS
- D. Move the child to shade, identify a person to call 9-1-1 while you remove protective equipment and clothing, spray cold water on the child, and await EMS arrival

14. When should an athlete return to play after a concussion?

- A. When the athlete says he or she feels ready to return to play
- B. After receiving written consent from the athlete's parents
- C. After receiving written clearance from a licensed healthcare provider
- D. When the coach feels he or she is able to return

15. What is the primary purpose of a cool-down?

- A. To reduce heart rate and prevent blood pooling in the extremities
- B. To raise the body's core temperature
- C. To prepare the body for the next bout of exercise
- D. To decrease the amount of post-workout muscle soreness

16. A player must experience loss of consciousness in order to be diagnosed with a concussion.

- A. True
- B. False

17. If the temperature and heat-stress index are expected to be mildly elevated, how should a coach respond?

- A. Remind parents to make sure the kids wear sunscreen
- B. Postpone or cancel practice
- C. Include one scheduled five-minute break per one hour of activity
- D. Lower the intensity and/or duration of activity

18. The primary goal of acute injury management for strains and sprains is _____ .

- A. To limit swelling and control the pain
- B. To improve the range of motion of the injured area
- C. To ensure that the injured athlete remains relatively calm
- D. To determine the general severity of the injury

19. A 15-year-old female club soccer player was pushed to the ground by an opposing player. You witness her hit her head. She stands up on her own but looks “foggy.” She complains of a mild headache and answers your questions appropriately but slowly. What is the BEST next step?

- A. Monitor the athlete for several hours to assess clinical condition
- B. Prompt referral to the ER or a physician for evaluation
- C. Return to play since she did not have loss of consciousness
- D. Send her home with a teammate to rest and recover

20. What is a function of protein in the diet?

- A. Protein helps regulate metabolism
- B. Protein helps the body recover and repair itself after exercise
- C. Protein is used as a source of energy for short burst activities
- D. Protein helps with nerve conduction

21. The purpose of an AED is to _____ .

- A. Help with delivering compressions during CPR
- B. Analyze heart rhythm and deliver a shock if necessary
- C. Help to clear a possible airway obstruction
- D. Prevent the loss of consciousness

22. An example of a proper pre-competition meal would be _____ .

- A. A piece of fruit
- B. Pasta with chicken
- C. A hamburger with fries
- D. A candy bar

23. You are the coach of a middle school basketball team. Two of your players showed up late to practice and you would like to discipline them so that they learn the importance of punctuality. What would be the LEAST appropriate disciplinary method?

- A. Require the players to apologize to their teammates for being late
- B. Require that the players stay after practice for several minutes to help clean up the gym
- C. Have a discussion with the players after practice about the importance of timeliness for the team
- D. Have the players run several extra laps at the onset of practice

24. A well-designed warm-up period will accomplish which of the following?

- A. Prevent early-onset muscle soreness and fatigue
- B. Enhance the flexibility of all participants
- C. Prepare the body for the upcoming exercise events
- D. Allow an athlete to reach a steady-state heart rate that can be maintained

25. Drastic loss in weight, mood swings and a preoccupation with food, calories and weight are warning signs of what illness?

- A. Bulimia
- B. Compulsive overeating
- C. Anorexia
- D. Night eating syndrome

26. What is a good way to monitor an athlete's hydration levels during exercise?

- A. Asking the athlete how thirsty he or she is after practice
- B. Observing the athlete's rate of sweating
- C. Weighing the athlete before and after practice
- D. Monitoring reaction time and coordination

27. During which of the following is it MOST appropriate to consume electrolyte-supplemented beverages such as sports drinks?

- A. When activity lasts longer than 30 minutes
- B. During high-intensity strength-training workouts
- C. Whenever participants are visibly sweating
- D. When the schedule calls for repeated same-day sessions

28. What is the MOST likely cause of an overuse injury in a young athlete?

- A. High body mass index
- B. Training errors
- C. Previous injury
- D. Improper footwear

29. Acute musculoskeletal injuries should be treated with heat packs for up to the first 72 hours before ice is applied.

- A. True
- B. False

30. When an athlete suffers a suspected spinal injury, you should first _____ .

- A. Provide stabilization to the suspected injured area
- B. Determine if the athlete can move his or her extremities
- C. Check for vital signs
- D. Ask the athlete to touch his or her toes

31. For exercise bouts lasting LESS THAN 60 minutes, it is recommended that a player should replace his or her fluids with _____ .

- A. Chocolate milk
- B. Sports drinks
- C. Energy drinks
- D. Water

32. During the preseason, it may be prudent for youth sports coaches to spend a little less time practicing _____ and a little more time performing _____ .

- A. Sport-specific skills; conditioning exercises
- B. Aerobic exercise; sport-specific skills
- C. Conditioning exercises; balance training
- D. Plyometric exercise; aerobic exercise

33. The most important consideration when strength training with youth is _____ .

- A. Lifting the most weight possible
- B. Increasing muscle mass
- C. Teaching proper technique and safety
- D. Increasing muscular endurance

34. Static stretching is MOST appropriate during which segment of a youth sports practice?

- A. Warm-up
- B. Resistance training phase
- C. Aerobic conditioning phase
- D. Cool-down

35. Players should only take water breaks when they are thirsty.

- A. True
- B. False

36. The performance of strength training by children and adolescents should be _____ .

- A. Discouraged due to the potential for damage to their growth plates
- B. Avoided due to the increased risk of musculoskeletal injury
- C. Allowed only if the youth are mature enough to exercise on their own
- D. Encouraged to reduce the risk of sports-related injuries

37. During the acute phase of injury management, ice should be applied every hour for up to _____ until the tendency for swelling has passed.

- A. 5 minutes
- B. 20 minutes
- C. 45 minutes
- D. 60 minutes

38. Nausea, initially pale and then flushed skin and light headedness are some acute signs and symptoms of what?

- A. Heat Cramps
- B. Dehydration
- C. Hypothermia
- D. Heat Stroke

39. What percentage of a child's caloric intake should be carbohydrates?

- A. 55-70%
- B. 25-35%
- C. 12-15%
- D. 70-85%

40. Which of the following would be the LEAST effective way to help minimize heat-related injuries during an outdoor football practice?

- A. Practice with no pads or helmets
- B. Conduct a walk-through of plays instead of running them at full speed
- C. Take frequent water breaks
- D. Hold practice between 1:00 – 4:00 p.m.