Teacher Answer Key

Case Study

1. Team expectations, coach urgency, fear of letting others down, championship timing, and pride.

2. Symptoms can be delayed or minimized; protocols require symptom-free progression because brain function and reaction time may still be impaired.

Multiple Choice

1. B

2. D

3. A

Matching

1-D, 2-A, 3-B, 4-E, 5-C

Fill-in-the-Blank

1) concussion, 2) return-to-play protocol, 3) overuse injury

Short Answer (Sample Responses)

Q1: High speed + hard ice/snow surfaces + jumps/turns make small errors more dangerous and falls more forceful.

Q2: Clear policies, normalizing symptom reporting, and backing trainers' decisions reduce pressure to "play through."

Q3: Recovery allows tissues and nervous system to rebuild; without it, fatigue increases mistakes and overload injuries.