**Chapter 1: The Concept of Sports Injury**

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| 1: A father asks you about the most common injuries in girl's basketball because he has read that females seem to have a much higher risk of injuries to their anterior cruciate ligaments. What would you tell him? |
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| 2: A mother, whose 14-year-old son plays club tennis, asks you to advise her on how she can assist her son in avoiding overuse injuries to the rotator cuff in the shoulder or involving the elbow (tennis elbow). |
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**Chapter 3: The Law of Sports Injury**

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| 1: You are working as an athletic trainer at a small high school in rural Nebraska and the head girls' basketball coach, who was just hired out of college, asks you to explain potentially negligent actions by coaches that can result in litigation. What would you tell her? |

2: A friend and fellow athletic trainer tells you she is planning on moving to the state of North Dakota to take a position at a sports medicine clinic located in Bismarck. She asks you if you know what, if any, state regulation of the practice of Athletic Training exists in North Dakota. What would you tell her?

**Chapter 4: Sports-Injury Prevention**

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| 1: You are working as an athletic trainer at a large metropolitan high school located in the Detroit area. Your Athletic Director has asked you to explain to him the options available to student athletes regarding pre-season physical evaluations. What would you tell him? What are the advantages and disadvantages of each? |

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| 2: The starting quarterback on your high school's football team asks your opinion of the best form of pre-game stretching, especially for the muscles in his legs. What would you advise? |
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