



POST-SURVEY

LIFE OF AN ATHLETE DVD HIGH SCHOOL

Please check one response for each question that best describes your answer.

1. There are no long term effects of heavy drinking on athlete's athletic performance.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
2. Alcohol use negatively impacts an athlete's athletic performance.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
3. An athlete could lose up to two weeks of athletic training from getting drunk once.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
4. Athletes who drink are more likely to get injured.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
5. Alcohol reduces an athlete's ability to repair damaged muscle fibers.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
6. Alcohol can reduce the amount of testosterone in an athlete's system for up to 96 hours.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
7. Athletes can perform at their top level with small amounts of sleep.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
8. The ten most dangerous years of a person's life are ages 14-24.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
9. People who start drinking prior to age 15 are more likely to develop alcohol dependence than those who start drinking at age 21.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
10. Alcohol interferes with the messages your brain sends to your muscles.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
11. When a person drinks alcohol, they must use more brain energy to perform even the simplest task.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
12. High school athletes can lose 15-30% of their potential by drinking alcohol.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
13. The personal stories shared in this program will leave a lasting impact on me.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
14. The brain scans that were included in this course will leave a lasting impact upon me.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
15. Every athlete in our state should take this course.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
16. I think this course could also benefit non-athletes.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
17. When you're not training, somewhere someone IS training, and when you meet them they will beat you.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
18. I had no idea alcohol could negatively impact an athlete's performance to such a degree.
 Strongly Disagree Disagree Neutral Agree Strongly Agree
19. This course will prevent students from drinking alcohol.
 Strongly Disagree Disagree Neutral Agree Strongly Agree