MOUNTAIN VIEW HIGH SCHOOL

CTE IN ACTION

November 2026 Sports Medicine

The yoke’s on you! Helmets may not always protect your skull!

STUDENT SPOTLIGHT









THE CHALLENGE

Students in Sports Medicine got creative while learning about concussions and head injuries! After painting their own mini pumpkins, students placed an egg inside each hollowed-out pumpkin and dropped them from a ladder to simulate the impact of a fall or collision during a sporting event. This hands-on experiment helped students explore how the brain can be affected by sudden impacts and the importance of concussion prevention and safety in sports!

Curious about Sports Medicine?

Explore our Sports Medicine program at Mountain View High School.