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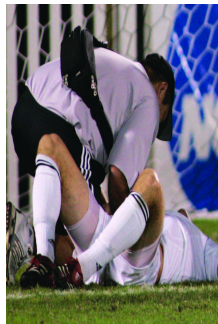
NCAA Sport Science Institute

Let me take this opportunity to introduce the Sport Science Institute (SSI) and myself and to present an overview of our goals and objectives through this newsletter.

The NCAA created the Sport Science Institute and the office of Chief Medical Officer in January 2013, in order to expand the platform for promoting and developing health and safety concerns. Dave Klossner, Mary Wilfert, Latrice Sales and Robyn Bailey, who were the core team of the Health and Safety unit, will continue their work in the Sport Science Institute (learn more about the SSI team [here](#)). As the Chief Medical Officer, I bring more than 20 years of experience as a neurologist, physician, administrator and author in the sports medicine world.

The mission of the NCAA Sport Science Institute is to promote and develop safety, excellence and wellness in collegiate student-athletes, and to foster life-long physical and mental development. I have outlined several time-sensitive projects, including the formation of a concussion task force, whose charge will be to analyze all pertinent concussion literature and to make more college-specific recommendations for education, research, and management. Learn

Injury Surveillance - The Datalys Center



The Datalys Center for Sports Injury Research and Prevention (Datalys) was created to facilitate the injury prevention efforts of organizations, sports medicine officials, researchers and policy makers.

Datalys currently manages the NCAA Injury Surveillance Program (ISP) and has done so since 2009. The 30-year success of the NCAA ISP can be directly attributed to the efforts of athletic trainers who have and continue to participate in the program. Datalys is always seeking additional participants in the NCAA ISP. Click [here](#) to learn more and enroll. The program accepts individual athletic trainers and sports teams from a single institution, or multiple athletic trainers and teams from a single institution. [Read more](#)

Fueling For Performance

Nutrition is critical for both academic and sports performance. A diet that is adequate in carbohydrate, protein, healthy fat, vitamins, minerals and fluid is the

foundation of day-to-day eating for overall health. The right fuel at the right time influences how well they feel,



more about our mission and goals [here](#).

You understand the student-athlete as well as, or perhaps better than, anyone else on campus, and that is why we want to communicate with you on a regular basis through this newsletter. We appreciate your feedback and look forward to making this a project that will lead to a substantial leap forward in providing up-to-date information that can positively impact the student-athlete.

Thank you for taking the time to read this newsletter. Give us your feedback and let us know how we can make this better, and what topics you would like addressed by reaching out to us.

Sincerely,

Brian Hainline, M.D.
NCAA Chief Medical Officer

learn, perform, and recover. In order for student athletes to meet their daily energy needs, they need to fuel early and often. Studies show that students who eat breakfast before school have better concentration, attention span, and memory, three benefits that are significant for both sports and scholastic performance. [Read More](#)

Around the NCAA

The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) provides expertise and leadership to the Association in order to promote a healthy and safe environment for student-athletes through research, education, collaboration and policy development. Outcomes of the December 2012 CSMAS meeting include establishing a new threshold for a marijuana positive drug test, implementing testing for synthetic cannabinoids, and a recommendation for membership review to decrease the penalty for a first marijuana-positive drug test from one year to fifty percent of the season of competition. [Read more](#)

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