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Concussion Symptoms and Return to Play: Student-Athlete Subjectivity

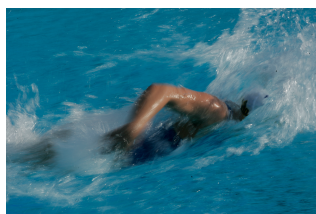
For the first time, there is universal consensus that athletes who are diagnosed with concussion must not return to play or practice that day, and must receive clearance from a clinician with concussion experience before returning to play. While this consensus seemingly provides a concrete plan when an athlete suffers a concussion, there are no objective biomarkers to diagnose concussion. Thus, concussion remains a clinical diagnosis based on subjective symptoms coupled with physical exam findings and ancillary test results. [Read more ...](#)

Supplements Can't Replace Benefits of Healthy Foods

Combine proper nutrition with physical training, conditioning, mental preparation, optimal sleep habits and commitment, and athletes are well on their way to successful careers. However, with a multi-billion dollar dietary supplement industry marketing new specialized sports nutrition products, many student-athletes fall prey to choosing dietary supplement products over whole foods and fluids. [Read more ...](#)



10 Factors That Can Increase Risk of Exertional Rhabdomyolysis



On the first day of practice after a summer break, 41 members of a Division I swim team unknowingly began a series of intense physical exertions before their usual two hours of swimming. The drill was to complete as many push-ups as possible in one minute, followed by as many body squats as possible in one minute, with the sequence repeated for 10 minutes. Other upper body workouts continued on the second and third days, along with swim practice. Starting on the second day and continuing on subsequent days, several swimmers – men and women – were subjected to severe pain, swelling, limited motion of the triceps and pectoral muscles and dark urine. All were hospitalized. All went home in three to six days as their symptoms subsided, and all returned to

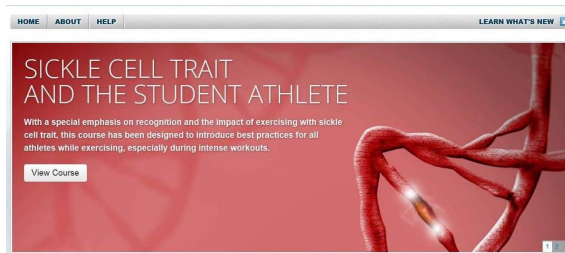
college swimming. [Read more ...](#)

The Datalys Center Initiates Programs to Thank Athletic Trainers

Recognizing that the success of injury surveillance programs would not be possible without athletic trainers, the Datalys Center has initiated several programs to thank athletic trainers for their decades of support in the prevention of injuries through participation in injury surveillance. [Read more ...](#)

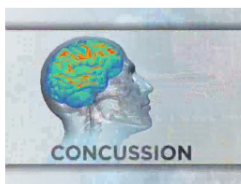
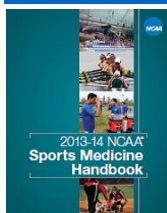


While some athletes may need specific dietary supplements to meet nutrient needs, most athletes on a balanced diet consume more than adequate nutrients. Athletes interested in dietary supplements need to be aware that the risk of contamination and poor manufacturing practices increase the chance of inadvertently putting your eligibility at risk by consuming banned supplements. To better understand dietary supplements, click the image.



Many schools have been seeking an online sickle cell trait educational module for student-athletes. The NCAA Sport Science Institute has produced a new, free online course that student-athletes can complete on their own time. Student-athletes can then email you confirmation of course completion. This course is not mandatory, but can be taken by any student-athlete in all three divisions. [Read more ...](#)

Sport Science Institute Resources



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