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Inflammatory Pathophysiology in Concussion and Multiple Sclerosis

There are many parallels between concussion and multiple sclerosis (MS). The medical and scientific community currently understands concussion in a manner similar to how MS was understood thirty years ago. In part, this is because concussion had not caught the attention of neuroscientists thirty years ago in the same manner as MS. Back then, there was an emerging unifying hypothesis about MS that implicated a neuro-inflammatory response that attacked the covering of the central nervous system axons. This hypothesis led to a global search for objective biomarkers of MS, to aid in both diagnosis and treatment. [Read more](#)

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Growing Up Healthy in the Game

There are myriad advantages of physical activity through organized sports. Young people who are active in sport develop confidence, self-esteem and build strong, healthy bodies. However, there can be pitfalls: year-round participation, overzealous parenting and competing at too young an age can sabotage the benefits. [Read more](#)



Nutrition and Cognition



Each year, more than 450,000 NCAA student-athletes gain skills to succeed on the field, in the classroom and for life. Many educators and coaches agree that a student's mood and ability to focus play significant roles in their performance both in the classroom and on the playing field. Understanding the relationship between nutrition and cognition may help those who interact with student-athletes identify nutritional issues that can hinder their success. [Read more](#)

First Responders: Athletic Trainers are a Team's First Line of Defense

Last year, Champion Magazine sent a writer to shadow University of Arizona head athletic trainer Randy Cohen through a home football weekend. The feature story that resulted highlights the importance of this often overshadowed profession. Cohen spent nearly 40 hours in a single weekend working to keep an entire football team healthy, interacting with student-athletes as much – oftentimes more – than the coaches. Athletic trainers from around the NCAA weigh in as well, discussing the stresses they face behind the scenes, from working with limited staffs and resources to responding to catastrophic injuries. [Read more](#)



A Case Study for Managing Student-Athletes with ADHD

ADHD is one of the most common neurobiological disorders of childhood, and often continues through adolescence and adulthood. Many people assume that student-athletes are emotionally healthy in the same ways that they are assumed to be physically healthy. However, just as student-athletes may suffer with physical illnesses and injuries, they are also vulnerable to neurobiological disorders, including ADHD. [Read more ...](#)

Modern Tenants of Sports Injury Epidemiology

The premises and pitfalls of injury surveillance as outlined by Dr. Kenneth Clarke in the 1970's provided the framework for modern sports injury epidemiology. While technology has allowed modernization of some facets of his original thesis, many of the tenets he outlined remain the same. Chief of these are the tireless efforts of athletic trainers in continuous monitoring and recording of injuries. [Read more ...](#)

Finding the Right Sport Psychology Services: Feedback from NCAA Administrators



Enhancing performance through psychological skills training and helping athletes deal with critical developmental, personal and psychosocial issues are specialties of many sport psychology professionals. In recent years, several coaches have commented publicly on the important role sport psychology has played in their title runs. However, finding the right professional begins with defining the position that is the best match for your athletic department. [Read more ...](#)

Division III Sickle Cell Trait Resource

Reimbursement of up to \$500 to offset sickle cell trait testing is available to Division III institutions. The reimbursement process will utilize the [NCAA Program Hub](#). To receive the reimbursement, the head athletic trainer or director of athletics must submit receipts and the institution's sickle cell trait status policy. Institutions may request a reimbursement any time between August 1, 2013 and May 15, 2014. There are two remaining reimbursement windows: October 16 to January 15 (checks dispersed on February 1) and January 16 to May 15 (checks dispersed on June 1). If you have any questions regarding this reimbursement, please contact [Louise McCleary](#).

Fueling for Recovery

Recovery nutrition should include carbohydrates to replace glycogen, protein to repair muscle and fluids to hydrate the body. Click the image to learn more about what to eat to fuel your recovery.



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