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## Concussion: Return-to-Learn Guidelines



The hallmark of return-to-learn is cognitive rest immediately following concussion, just as the hallmark of return-to-play is physical rest. For the collegiate student-athlete, cognitive rest following concussion means avoiding potential cognitive stressors such as school work, video games, reading, texting and watching television for at least one day. The rationale for cognitive rest is that the brain is experiencing an energy crisis, and providing both physical and cognitive rest allows the brain to heal more quickly. [Read more ...](#)

## SSI Names New Director



John Parsons, who has spent more than two decades studying, practicing and teaching sports medicine and athletic training, will join the NCAA as director of the Sport Science Institute. He will work alongside NCAA Chief Medical Officer Brian Hainline to address problems such as concussion, student-athlete mental health and improving systems that track sports injuries. [Read more ...](#)

## Holistic Healing: An Integrated Approach to Treating Student-Athletes

Pain is a universal signal that something is wrong. Yet, the source of the injury may not be at the point of pain. When I treat an injury, I don't just see body parts; I see the whole person. I consider where the athlete comes from, where she is currently and where she wants to go. I care for athletes in terms of connection – balancing their body, mind and spirit. [Read more ...](#)



## Working Together for Student-Athlete Safety

Reducing the risk, severity and incidence of injury is the hallmark of a great athletic performance team. Athletic trainers and strength and conditioning coaches have the greatest influence on student-athlete well-being. There is a distinct difference in the expertise and role of these two professions, yet the impact and significance of their coordinated work is paramount to student-athlete success. [Read more ...](#)



## Nutrition and the Injured Athlete



Whether the focus is injury prevention or rehabilitation, getting adequate calories, carbohydrates, protein, fluids, vitamins and minerals are all important for the injured athlete. Poor food choices day after day can lead to a number of deficiencies resulting in chronic conditions, such as iron deficiency or low bone mineral density. For nutrition to aid in injury prevention and rehabilitation, the injured athlete should focus on total dietary intake over the course of days, weeks and months. [Read more ...](#)

### Foods to Promote Immune Function

Washing your hands, getting adequate rest, staying hydrated and eating a balanced diet are the key strategies for preventing the common cold. However, even with these efforts, the risk for infection is increased due to the high intensity training required for sport, academic demands and sharing close spaces with teammates who might unknowingly be ill. Click the image to learn how your diet can help support your immune system and prevent you from getting sick.



### NCAA CHOICES Grants Call for Proposals!



In an effort to educate students about the risks involved with the misuse of alcohol, the NCAA Sport Science Institute has, through the support of the NCAA Foundation and Anheuser-Busch Companies, Inc., developed NCAA CHOICES, a grant program for alcohol education.

The NCAA CHOICES program provides funding for NCAA member institutions and conferences to integrate athletics into campus-wide efforts to reduce alcohol abuse. NCAA CHOICES projects must partner athletics with other campus departments in the development and implementation of effective alcohol-education projects. Click [here](#) to learn more about 2014 grant guidelines.

## Sport Science Institute Resources



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