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Importance of Training the Head and Neck



Preventative sports medicine is the hallmark of any strength and conditioning program. The first goal of an athletics healthcare professional is to develop effective and practical ways to reduce the number of sports-related injuries. To help lower subconcussive forces, maximize performance and protect the student-athlete, strength training of the head, neck and jaw must be inclusive when designing exercise programs. [Read more ...](#)

Do Female Athletes Concuss Differently Than Males?



A compelling question in concussion research and education is: Do females concuss differently than males? The short answer is yes. Not only do female athletes suffer with concussion, they may also be uniquely predisposed to suffering with more concussion and worsened concussion symptomatology relative to male athletes.

[Read more ...](#)

Debunking Diet Myths

For an athlete to maintain a healthy diet, it is essential to understand nutrient content and timing, but also how to navigate the mounds of health and nutrition advertisements and advice marketed to athletes. Experimenting with fad diets and performance-enhancing supplements may or may not help performance, but more critically, may lead to unintentionally consuming banned substances or suffering from potentially severe health consequences. [Read more ...](#)



Transitioning to Life After Collegiate Athletics



The athletic experience provides physical, social, mental, emotional and spiritual benefits. Sport teaches athletes how to take risks, set goals and maintain the focus to achieve them. Participation in athletics also develops leadership skills, teamwork, strategic thinking and the pursuit of excellence – all skills necessary for success in the workplace. Athletic experiences develop skills that last a lifetime. Transferring these skills to the next arena is what helps to create a productive, balanced life.

[Read more ...](#)

Treatment Needs of Athletes with Eating Disorders

Athletes with eating disorders require specialized approaches to identification, management, prevention and treatment. It is critical for the collegiate sport community to develop guidelines to address issues related to eating disorders and create an effective and efficient system for connecting athletes to specialized treatment. [Read more ...](#)

Get the competitive edge. In the highly competitive world of collegiate athletics, the difference between first and last can be small. Optimal eating habits can give you an edge over your competitors, but planning and selecting a high quality diet can be challenging. Using the Nutrition Facts label and the ingredient list on foods will make it easier. For the best food options, click the image.



Sports, Cardiovascular, and Wellness Nutrition

a dietetic practice group of the
 Academy of Nutrition and Dietetics

In an effort to provide student-athletes, coaches and athletics administrators with reliable nutrition information, the NCAA Sport Science Institute has partnered with SCAN sports dietitians to create a series of nutrition fact sheets for student-athletes, articles for athletics administrators and nutrition webinars. SCAN, [Sports Cardiovascular and Wellness Nutrition](#), is the largest dietetic practice group of the Academy of Nutrition and Dietetics. Topics range from fueling before exercise, the vegetarian student-athlete and understanding dietary supplements. Click the images below to review the fact sheets or view all nutrition resources on our joint collegiate [nutrition education website](#).

For advice on customizing a nutrition plan, consult a registered dietitian (RD) who specializes in sports, particularly a Board Certified Specialist in Sports Dietetics (CSSD). Find a SCAN RD at www.scandpg.org.

Nutrition Resources



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