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## Self-Reported Concussion Among NCAA Student-Athletes

Dear Reader,

The following Executive Summary document provides some unique insight into concussion incidence and concussion risk factors in collegiate student-athletes. Please take into consideration some methodological shortcomings of this study, and please also pause and consider what this study tells us. This study will become the foundation for future protocols that address concussion incidence and risk factors.

Brian Hainline, MD  
NCAA Chief Medical Officer

[Read the full Executive Summary](#)

## The Female Athlete Triad: Guidelines on Treatment and Return to Play

The 2014 Female Athlete Triad Coalition Consensus Statement represents a set of recommendations and clinical guidelines for team physicians, athletic trainers and other health care providers for the screening, diagnosis and treatment of the Female Athlete Triad. The first of a four-part series that will review diagnosis, treatment and return to play recommendations; this article provides an overview of the new Triad model, screening tips and diagnosis.

[Read more ...](#)



## Injury Surveillance: Field Hockey

During the 2008-09 season, there were 260 NCAA member institution field hockey teams and 5,603 student-athletes with an average squad size of 22 players.\*

- The overall injury rate in NCAA field hockey is 6.3 per 1,000 athlete exposures (games and practices combined). These data only include Division I and Division III colleges and universities.
- Field hockey players are nearly twice as likely to be injured in a game (9.8 injuries per 1,000 athlete exposures) than in practice (5.1 injuries per 1,000 athlete exposures).
- Preseason has the highest overall injury rate (9.1 per 1,000 athlete exposures), while the postseason has the lowest (3.7 per 1,000 athlete exposures) as compared to the in-season injury rate of 5.5 injuries per 1,000 athlete exposures.
- Muscle strains (23.5 percent), followed by contusions (16.3 percent), sprains (13.5 percent), fractures (7.0 percent) and concussions (6.3 percent) are the most common types of injuries.
- The most common activity at the time of injury during competition is general play (45.6 percent), followed by defending (22.5 percent), ball handling (7.0 percent), blocking a shot (5.6 percent) and goaltending (4.2 percent).



Click the image to view the Women's Field Hockey Injuries Fact sheet and other sports injuries fact sheets.

\*Data from the 2004/05 - 2008/09 seasons.

## Maintaining Weight While Staying Competitive



Ideal body weight and body composition is unique to each student-athlete. Appropriate loss of body fat or increase in skeletal muscle mass may be desirable for a variety of reasons related to improved performance. Therefore, a student-athlete's diet should be designed to support training and properly fuel performance, as well as support individual body composition goals, whether to maintain weight, increase muscle mass or decrease body fat. [Read more ...](#)

## Swimmer Develops Mental Skills That Carry Her Beyond Olympic Medal

Western Kentucky University graduate Claire Donahue set many records as a student-athlete. Today, she is a member of the USA Swimming team competing internationally, as well as an Olympic Gold Medalist. She credits some of that success to the mental skills training that carried her through the Olympic Trials to where she is today.

[Read more ...](#)



## Nutrition and the Female Athlete Triad

*"I'm on the cross country team and in order to run faster I thought I should lose a few pounds. I decreased the calories I was eating and with an initial loss of weight my performance improved, but now I have gone four months without a period and I am always exhausted during workouts. Yesterday, I was diagnosed with a stress fracture. Now, I'm worried about my health and performance. As a female student-athlete, do I need to be aware of a larger issue?"*



Click the image to learn the consequences of sub-optimal fueling and tips for overall health.

**SCAN-NCAA Sports Nutrition Resources**



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