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Defining the Future of Concussion

Despite substantial financial investment in concussion research during the past decade, there is no evidence-based research that explains the natural history of concussion. Currently, there are over 42 working definitions of concussion and most of our concussion knowledge is based on consensus opinion. As we define the future of concussion, we must simultaneously work with current guidelines while taking an evidence-based look at where we need to go so that we can diagnose and manage this condition with more specificity. Please join us in keeping an open mind with regard to concussion diagnosis and management.

[Read more ...](#)

The Hot Hand



Can faulty beliefs affect your team, your performance or the outcome of a game? What about when beliefs replace what we know to be true? A classic example in sports is the myth of the “hot hand” or the “streak.” Initially, you would think believing in the hot hand is a good thing. However, it is more valuable to be a good scientist or student of the game than it is to believe in magic. [Read more ...](#)

The Female Athlete Triad: Health Consequences of Low Energy Availability

Chronic low energy availability can have significant effects on student-athlete health and physical performance, particularly when a clinical eating disorder is present. Although it may inadvertent, intentional or psychopathological, low energy availability plays a causal role in the induction of exercise associated menstrual disturbances.

[Read more ...](#)



Benefits and Protective Nature of Collegiate Sports Participation



Participation in intercollegiate athletics involves unavoidable exposure to an inherent risk of injury. However, student-athletes rightfully assume that those who sponsor intercollegiate athletics have taken reasonable precautions to minimize the risks of injury from athletics participation. Concern about injury, although legitimate, should be placed in the context of the many benefits of sports participation and physical activity, including: promotion of social interactions; an increased quality of life; supporting future adherence to an active lifestyle; and a reduced risk of mortality, cardiovascular disease and diabetes. [Read more...](#)

Sports Fandom and the NCAA Student-Athlete



What's the difference between a sports fan and a sports spectator? Sports spectators are people who attend sporting events (or watch them on television), while sports fans have a deeper connection to the team. So, why are people sports fans? What benefits do they receive from being sports fans? Click the link below to learn more about the social-psychological benefits of being a sports fan including, lower levels of loneliness, lower levels of stress during sporting events and a sense of belonging to a larger community. [Sports fans, click here.](#)

Vegetarian Eating for the Student-Athlete

"I have been a vegetarian for two years. With my busy schedule, it can be hard to find convenient vegetarian foods, so I don't eat as frequently as I should and often grab whatever is easiest. I often wonder if I am eating properly to support my training. How can I remain a vegetarian student-athlete without sacrificing performance?"

[Click here](#) to learn what to eat and best practices for vegetarian student-athletes.



Upcoming Events

Step UP! Bystander Intervention Facilitator Training

Make plans to attend the NCAA-sponsored Step UP! Bystander Intervention Program Facilitator Training on May 15-16 in Kansas City, Missouri. The facilitator training will provide the foundations of bystander intervention and application of three emerging issues: sexual assault/violence prevention; recreational drug use and prescription drug abuse; and mental health. General registration opens March 17. [Learn more and register here.](#)

Best Practices for Intercollegiate Sports Medicine Management

The NCAA Sport Science Institute is proud to co-sponsor the seminar "Best Practices for Intercollegiate Sports Medicine Management," hosted by the University of Georgia May 5-7. The course is based on the recent Inter-Association Consensus Statement on Best Practices for Sports Medicine Management for Secondary Schools and Colleges and is intended to assist colleges and universities initiate, evaluate and refine best practices for sports medicine management. [Learn more about the event here.](#)

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