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Psychological Aspects of Sports Concussion



It is important to recognize the role that psychological and emotional factors play in the response to injury and the course of recovery in sports-related concussion. While the initial focus may be on physical based symptoms and reaching a physiologically-based return to play status, psychological and emotional factors can be crucial in understanding and managing the student-athlete as they recover cognitively and emotionally, and return to pre-injury levels of performance. [Read more ...](#)

Care for the Student-Athlete with Sickle Cell Trait

The NCAA Sport Science Institute and the American Society of Hematology (ASH) are committed to the health, safety and well-being of student-athletes with sickle cell trait (SCT). The majority of individuals who have sickle cell trait have no personal medical problems related to their carrier status, and there are no significant differences in performance between athletes who have SCT versus those who do not have SCT. [Read more ...](#)



Project 1: A Case Study for Interdisciplinary Student-Athlete Support

Project 1 was designed as an opportunity for clear and concise communication between all departments who have contact with Baylor University student-athletes. This collaboration addresses student-athlete well-being through body, mind and spirit. As student-athletes become increasingly visible and accessible through social media, as their physical qualities improve and they enroll from more academically and culturally diverse backgrounds, it is increasingly critical for departments within athletics and across campus to communicate effectively in support of student-athlete well-being. [Read more ...](#)



Lightning Safety



Lightning is a consistent and significant weather hazard that affects intercollegiate athletics activities. The National Oceanic and Atmospheric Administration (NOAA) attributes 48 percent of fatalities from lightning strikes to those that occurred during organized sport activities at all levels. Many athletically-related activities occur outdoors and these activities may rely on coaches, officials, athletic trainers and athletics administrators to make safety decisions. Therefore, it is essential for everyone involved in intercollegiate athletics to understand the dangers of lightning, have a lightning safety plan in place, and follow the plan once thunder is heard or lightning is seen. [Read more...](#)

Disordered Eating in Student-Athletes

Disordered eating encompasses a wide range of problematic eating attitudes, behaviors and body image distortions that adversely impact physical and psychological health. Unfortunately, student-athletes are not exempt from the dangers of disordered eating, a complex phenomenon that includes a range of genetic, environmental, psychological and behavioral factors. However, by understanding a few key principles, athletics healthcare professionals, athletics administrators, coaches and student-athletes can work together to create a healthy, body-positive environment. [Read more...](#)

Caffeine and Energy Drinks

Did you know that heavy caffeine use (≥ 500 mg) can negatively impact your health and performance? Heavy caffeine use can also disrupt sleep, contribute to irritability and anxiety, negatively impact performance and could result in a positive drug test. Sustained energy comes from proper nutrition, hydration, rest and recovery.

Are you consuming too much caffeine? Do the math with this [Caffeine / Energy Drinks Poster](#).



Upcoming Events

NCAA Inclusion Forum

The NCAA Inclusion Forum brings together intercollegiate athletics leaders passionate about improving the educational and professional environment for student-athletes, coaches and athletics administrators. Various sessions include student-athlete mental health, substance abuse, sexual harassment and violence Prevention. Sessions will also engage participants on a broad range of topics related to policy, research and best practices for racial and ethnic minorities, gender equity, international student-athlete participation, LGBTQ communities and disability access to sport.



The NCAA Inclusion Forum will take place May 1 – 3, 2014 at the Disney Swan & Dolphin Resort in Orlando. For the agenda of events and to register, [please click here](#). Join the conversation on Twitter with [#NCAAINclusion](#).

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.

The course faculty includes some of the top sports medicine professionals in the country and will focus on best practices to ensure the health and welfare of student-athletes. In addition, a diverse panel of NCAA student-athletes will offer their unique perspective during course sessions. Attendees will be challenged and empowered to work together to reach the goal of offering an environment which will protect the institutional integrity by making wise decisions regarding the sports medicine program and student-athletes.

We encourage you to consider bringing a team of individuals from your institution involved in sports medicine and the health & safety of student-athletes such as athletic directors, risk managers, team physicians and athletic trainers. [Learn more about the event here.](#)



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