

Neck Muscle Strength, Bracing and Training the System



By developing neck musculature, male and female athletes could potentially modify risk factors for concussion. Studies have shown that having greater neck strength when bracing for impact reduces the magnitude of the head's kinematic response. For any athlete to excel in sport, they must train the structures that decelerate opposing masses. This means that student-athletes must have head and neck training as part of their exercise regime. [Read more ...](#)

Diets Gone Too Far



Eating well is important, especially for student-athletes who need to fuel heavy training demands. However, like any behavior, too much of a good thing can generate negative results. A preoccupation with healthy eating can lead to a form of dysfunctional eating called orthorexia nervosa. Simply put, it is a fixation on righteous eating. Individuals may become obsessed with eating healthfully to the point that it creates unhealthy outcomes.

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It's Okay to Get Help!



In any given year, approximately twenty percent of the adult population will experience a mental illness. One percent of all adults have bipolar disorder and one percent of adults have schizophrenia. Many disorders such as unipolar depression, bipolar disorder and schizophrenia usually manifest during the late teens to early twenties. Therefore, it is highly likely that a student-athlete on any campus will have their first episode during college.

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Methicillin-Resistant Staphylococcus Aureus (MRSA) and Athletics

Anyone participating in organized or recreational sports is at risk for developing bacterial skin infection due to the presence of open wounds, close physical contact and the sharing of towels and equipment. Institutions should follow preventative measures and educate student-athletes, coaches and athletics healthcare staff on the importance of proper hygiene and wound care to prevent skin infections from developing and infectious diseases from being transmitted. [Read more ...](#)



Treatment of the Female Athlete Triad



Optimal treatment of the Female Athlete Triad must address the underlying cause – low energy availability. Energy status must be normalized primarily through modifications of diet and exercise training. Restoration or normalization of body weight is the best strategy for successful resumption of menses, improved bone health and overall student-athlete well-being. [Read more ...](#)

Orthorexia Nervosa

"As a student-athlete, I know nutrition and performance go hand-in-hand. That's why I eat only healthy foods – strictly organic, and no sugar, saturated fat, trans fat, or cholesterol. My teammates think I'm too preoccupied with what I eat. It's just that when I eat something that's bad for me, I feel bad about myself, just like when we lose a match. Lately, I'm less happy and social, and my training isn't going so well either. Can eating too healthy actually be a problem?"

ORTHOREXIA NERVOSA

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CAN EATING TOO HEALTHY ACTUALLY BE A PROBLEM?

TOO MUCH OF A GOOD THING

Eating well is important, however, like any behavior, too much of a good thing can become an athlete's least favorite reality. A preoccupation with healthy eating can lead to a form of performance eating called orthorexia nervosa. Simply put, it is a fixation on rigorous or healthy eating. Athletes may use the words "pure" or "correct" to describe their food choices. Orthorexia is on the rise, with athletes preoccupied at greater risk with outcomes that compromise health.

Following a vegetarian or vegan diet or choosing to eliminate foods due to allergy or sensitivity does not mean someone has orthorexia.

IS ORTHOREXIA NERVOSA AN EATING DISORDER?

The answer is no. Individuals with orthorexia are overly attentive to food and how it affects the body, but they are not generally motivated by the desire to gain body fat. Orthorexia nervosa exists as a desire to improve nutrition and performance. However, over time it evolves into a goal as food becomes a source of stress. Orthorexia nervosa does share characteristics with other obsessive-compulsive disorder (OCD), anxiety disorder or addiction.

HOW IS CHOOSING TO EAT HEALTHY A BAD THING?

Healthy eating is an important goal for student-athletes. However, healthy eating sometimes has led to elimination of too many foods or food groups can result in nutrient deficiencies, compromised immune function, decreased athletic performance and poor health. An important distinction between healthy eating and orthorexia is its impact on one's social life. Individuals begin to isolate themselves and avoid situations where food is served as well as problematic. Also, they spend thinking about food, planning meals, finding acceptable foods and restricting food intake. Sometimes they no longer enjoy their eating habits, their goal and shame relating to food choices increases and self-esteem declines. When food choices frequently dictate your feelings or mood, it is time to seek help.

IS BEING A VEGETARIAN A RISK FACTOR FOR ORTHOREXIA?

No. Following a vegetarian or vegan diet, or choosing to eliminate foods due to allergy or sensitivity does not mean someone has orthorexia. Student-athletes are able to eat adequately within a wide range of eating styles. Any eating style needs to meet your body's requirements for all essential nutrients, they understand eating style, regardless of diet, is not orthorexia. Orthorexia is a concern due to its impact on day-to-day quality of life and overall nutritional status. Student-athletes with orthorexia may lose the joy that sport participation once offered and may experience negative training outcomes, hindered athletic performance and lose focus on performance goals.

Click the image to learn more about orthorexia, risk factors and how to recognize it in yourself and your teammates.

Upcoming Events

The Sports Concussion Conference

Attend The Sports Concussion Conference July 11-13, 2014, in Chicago.

Brought to you by the American Academy of Neurology, The Sports Concussion Conference is an opportunity to earn continuing medical education credits, network with your peers and learn the latest scientific advances in diagnosing and treating sports concussion from the world's leading experts.

The early registration deadline is June 9, 2014. [Register today!](#) For questions about abstracts, please contact science@aan.com.

Missouri Institute for Positive Coaching (Athletics)

Attend the Missouri Institute for Positive Coaching Workshop June 16-19 at the University of Missouri, Columbia campus.



A fun and focused environment designed to provide coaches the opportunity to learn from experts in the field of coaching and sport psychology. Presentations will focus on maximizing motivation and achieving excellence. Coaches should come ready to engage in activities, and to challenge themselves to learn and grow as a person and as a coach.

Coaches will learn the Principles of Positive Coaching. Coaches will also engage in building their coaching philosophy and mastering the 6 stages of Positive Coaching that create the optimal environment for success. [Click here](#) to learn more and to register.

NCAA-CDC Hygiene and Skin Protection Resources



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