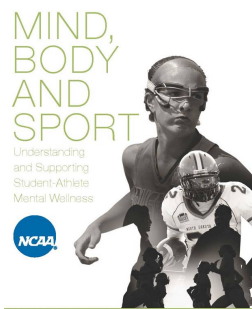




## Mind, Body and Sport: Understanding and Supporting Student-Athlete Mental Wellness



Mental health is a critical aspect of student-athlete wellness. Protecting and promoting student-athlete mental health requires the involvement of stakeholders from inside and outside of athletics. The NCAA Sport Science Institute is happy to announce the publication of *Mind, Body and Sport: Understanding and Supporting Student-Athlete Mental Wellness*. *Mind, Body and Sport* is an interactive resource for athletics administrators from the perspectives of student-athletes, coaches and mental health experts. This new resource is available as an [e-publication](#), on [the NCAA Sport Science Institute website](#) and as a printed book that was mailed to campus athletics departments and counseling centers.

## Ask the Expert: Integrated Total Health for Student-Athletes

Caring for the health of student-athlete means caring for both their mental and physical health: the two are often inseparable with one often impacting the other. Leading psychiatrist Dr. Eliot Sorel describes the importance of providing integrated health care for student-athletes where physical and mental health are jointly addressed. [Read more.](#)

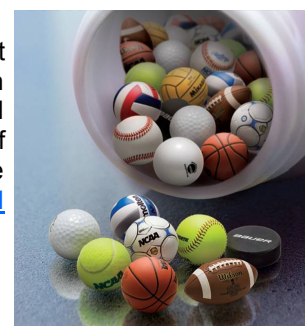
## Energy Availability



Managing your energy levels is a daily priority. As a student-athlete, you face many demands on campus while asking your body to perform at its best, both mentally and physically, for your sport. To stay at your best throughout the year, well-practiced fueling strategies — known as energy management — is the name of the game. You want to have enough energy available to support your body's health, daily activity, growth and training. [To learn how to manage your energy, click here.](#)

## Nutritional Supplements - What Now?

It has been 15 years since NCAA Proposal No. 1999-72 was adopted with the intent to permit institutions to provide certain nutritional supplements to their student-athletes to assist with calorie and fluid replacement lost through athletics participation. At the time, it was deemed an appropriate student-athlete welfare initiative in light of restrictions on the provision of meals and snacks. Now that NCAA Division I institutions passed legislation deregulating the provision of meals and snacks, [is there still a need for schools to provide nutritional supplement products to student-athletes?](#)



## Supporting Athletes with Type 1 Diabetes Through a Social Network Community



One of the key pillars of success for type 1 diabetes management is participating in exercise and sport. However, the challenge of balancing sport and blood sugar levels can be a demanding task. At times student-athletes with diabetes, their families, and coaching staff find themselves discouraged by not knowing how to be successful in achieving this balance. Glu is T1D Exchange's online community of more than 10,500 members [designed to accelerate research and amplify the collective voice of those living with type 1 diabetes.](#)

## Power Development for Golf



The literature has established strong support for the use of physical training in the sport of golf. Because of the nature of the sport and the correlation between measures of power and club head speed, an important focus of training is on the development of power. Although the golf swing is a unique movement, it is important to approach power development in golf the same way one would develop power in other sports. [Click here to learn more about power development principles](#), golf specific power development and preview specific exercise options that can be implemented in your strength and conditioning program.

\*Provided with permission from the National Strength and Conditioning Association.

## A Division III Athletic Trainer's Perspective on Electronic Medical Records



[New England College Head Athletic Trainer, Heather Jones](#), details how she and her small staff use electronic medical records to be more efficient. "Arriving in the morning and having no idea what happened the day or night before makes our job tough and the reports we get through the system eliminates that."

## Marijuana and the Student-Athlete: Implications for Prevention



Approximately one-third of college students report past-year use of marijuana. With legalization of marijuana already underway in Washington and Colorado, and with other states including measures on their ballots to decriminalize or outright legalize marijuana use or possession, the importance of examining the implications for college campuses and for our student-athletes is paramount. [Read more.](#)

## Football Sports Nutrition

Football is often called the ultimate team sport, requiring each position to do their job in order for the play to be successful. Games are lengthy, but are played in rapid, short-duration bursts requiring speed, endurance and mental toughness, especially late in the game. Speed, power, strength and agility are important factors in all football athletes. Body composition of football athletes relates directly to position on the field, with larger, higher body-mass athletes playing line positions and smaller, more-lithe body types in skill positions.

Click the image below to learn more about nutrition for football student-athletes and how to create a nutrition strategy that works well through the season and postseason.

# NUTRITION

## FOR THE FOOTBALL STUDENT-ATHLETE



**Football is often called the ultimate team sport, requiring each position player to do his job in order for the team to succeed. Games are long, but are filled with short bursts of intense action. Speed, power, and agility are important factors in all football athletes. To compete at the highest level, athletes must be in the best of health and ready to play at their best.**

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