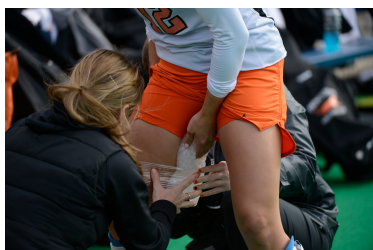




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Ask the Expert: The psychological well-being of student-athletes during injury recovery



Injuries, while hopefully infrequent, are often an unavoidable part of sport participation. While most injuries can be managed with little to no disruption in sport participation and other activities of daily living, some impose a substantial physical and mental burden. For some student-athletes, the psychological response to injury can trigger or unmask serious mental health issues such as depression, anxiety, disordered eating, and substance use or abuse. In this month's issue of Ask the Expert, Dr. Margot Putukian, director of athletic medicine and head team physician at Princeton University, discusses how being injured can affect student-athlete mental health. [Read more](#)

UAB Pre-Med Student-Athletes

UAB Pre-Med Athletes was founded by three student-athletes at the University of Alabama – Birmingham who have managed to successfully balance lofty goals on the soccer field and tennis court, in the classroom and in the community. All three will retire from their athletic careers and transfer that passion, discipline and love of collaboration towards a career in medicine. [Read more](#)



Training Lifetime Champions: 4 Ways to improve student-athlete lifelong well-being



New research offers critical insights about the influence of college sports on student-athletes' lifetime health, illustrating opportunities to better utilize university programs and resources to enhance student-athlete well-being. Better awareness, proactive engagement, and integration of campus health and wellness resources are essential. This article will present four ways to take immediate, concrete action to improve long-term student-athlete health while simultaneously enhancing athletic performance and holistic student-athlete development. [Read more](#)

Peak Performance on Aisle 3

To succeed in sports and academics, student-athletes must develop life skills to support whole body care. Knowing how to choose and purchase quality foods is a key skill for preparing nutritious meals at home. Appropriate selection of food and beverages in terms of nutrient content enhances training and sport performance when combined with a quality training regimen. [Read more](#)



Coaches' Corner

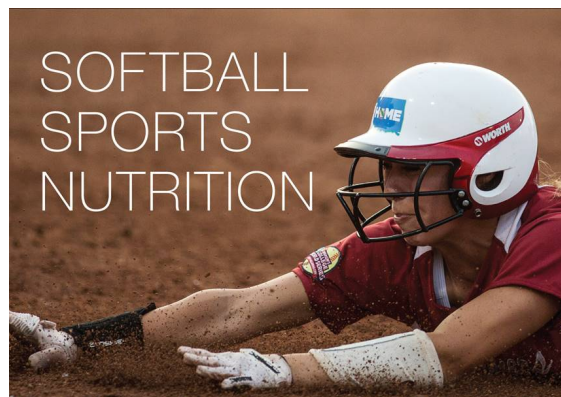
Coaches Have Their Own Psychological Needs



Coaches are performers, educators, administrators, leaders, planners, motivators, negotiators, managers, and listeners, but they are also people. As such, coaches bring to their roles and tasks fundamentally the same psychological needs as other professions. These needs include security, self-worth, identity, autonomy, mastery, intimacy, belonging, and a sense of meaning or purpose. This article will explore how coaches can cope with the stress of coaching and still meet their own psychological needs. [Read more](#)

Softball Sports Nutrition

Collegiate softball is a highly competitive, fast-paced game requiring a unique mix of strength, speed, power and agility, in addition to sharp focus, quick judgment and split-second reaction. Nutrition and hydration impact every aspect of the game of softball. Take advantage of the fueling strategies presented here by sports registered dietitians to help maximize training and performance. Click the image below to learn more.



Upcoming Events

Eating Disorders Awareness Week

This year the National Eating Disorders Association ([NEDA](#)) is focusing on the importance of early intervention and recognizing the diverse experiences of people personally affected by disordered eating. Too often, signs and symptoms are overlooked as insignificant behaviors when in fact many of these are early warning signs of eating disorders. Each day during #NEDAwareness Week (February 23 – 27), SSI will engage with member schools and key stakeholders to provide resources and information about evidenced-based programs for coaches and athletics healthcare professionals. Follow the conversation on Twitter via [@NCAA_SSI](#) and [#NEDAwareness](#).

The Novak Institute for Hazing Prevention

The Novak Institute for Hazing Prevention tackles the challenging public health problem of hazing in a unique way. This four-day, interactive experience teaches diverse groups of interdisciplinary participants how to address hazing from a strategic approach that focuses on prevention rather than response. The Institute will take place June 3 - 6 in Memphis, Tennessee. [Click here to register and to learn more about the Institute:](#)

- Nationally recognized faculty teaches a prevention framework based on proven principles that are grounded in research.
- Geared toward campus life, athletics administrators and interdisciplinary teams of professionals and students.

