



Volume 3 | Issue 6 | February
2015

Concussion Detection Dilemma

Broken limbs, sprained ankles and knees, torn muscles and ligaments can be detected fairly easily, and be repaired over time with therapy and surgery. But concussion detection is an emerging science. The moment a jarring hit moves the brain against the inner table of the skull, the clock starts ticking. One of the most serious decisions in sports must be made in the following minutes: Is the athlete okay to play?

[Read more.](#)

Cautious Opioid Prescribing for College Athletes

Opioid pain medication prescriptions in the U.S. more than tripled from 1999 to 2011. The increase in opioid prescribing has been associated with parallel increases in opioid addiction and overdose deaths. At the same time unintentional prescription opioid overdose deaths have quadrupled since 1999 rising from 1.4 deaths /100,000 people, to 5.4/100,000 in 2011. With the arduous physical demands of training and competition, college athletes are at particularly high risk for acute pain from injuries. Given the widespread use and potential dangers associated with opioid medications, this article will share some guidance about the prescription and use of these drugs in student-athletes. [Read more.](#)

Psychology of Sports Injuries

Injury is one of the most arduous physical and psychological tests confronting college athletes. Injuries can hinder performance and negatively impact collegiate athletes' mental health and well-being, including: threats to self-esteem, social isolation and motivational demands associated with rehabilitation. To an athlete, an injury can fall anywhere between mere annoyance and devastating event. The ability to avoid injury and to return to play quickly when injured is critical to success. This article offers two clinical heuristics – concise but information-dense guides to understanding the psychology of injury. [Read more.](#)

Supplementing the Game: A Review of Dietary Supplements for College Athletes

Athletes constantly strive to improve performance in all aspects of their game. Their nutritional needs depend on the period of training and desired body responses. Athletes often seek an edge through dietary supplements. During the playing season, they look for products that counter fatigue, increase mental focus, improve explosive ability and promote muscle/joint health. While the bottom line remains “buyer beware,” athletic programs need to continue helping athletes understand the best evaluation of supplement safety, legality and efficacy given the overwhelming array of performance products. [Read more.](#)

Click the image for a [fact sheet](#) to share with your student-athletes.



The Perils of Single-Sport Participation

To be an elite level player of a college or professional sport, athletes need a degree of exceptional athleticism. And the best medically, scientifically and psychologically recommended way to develop such all-around athleticism is ample free play and multiple sport participation as a child. In a recent blog post author, speaker and coach John O'Sullivan of the Changing the Game Project, discusses the perils of single-sport participation. [Read more.](#)

Basketball Sports Nutrition

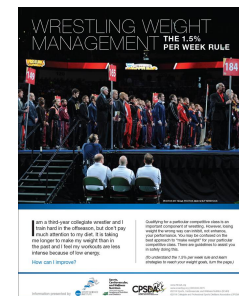
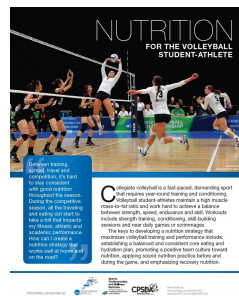
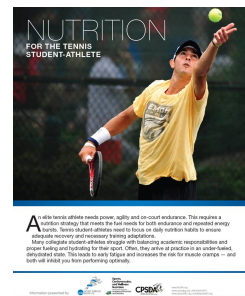
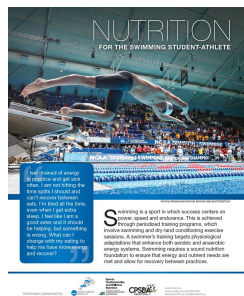
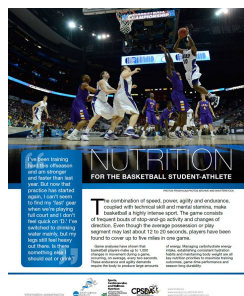
The combination of speed, power, agility and endurance, coupled with technical skill and mental stamina, make basketball a highly intense sport. Game analyses have shown that basketball players make up to 1,000 changes in movement during a game, occurring, on average, every two seconds. These endurance and agility demands require the body to produce large amounts of energy. Managing carbohydrate energy intake, establishing consistent hydration habits and maintaining body weight are all key nutrition priorities to maximize training outcomes, game-time performance and season-long durability. Click the image below to learn key nutrition strategies to fuel your game.



SSI Resources

Sports Nutrition Fact Sheets for Student-Athletes

The NCAA Sport Science Institute has partnered with the Sports, Cardiovascular, and Wellness Nutrition ([SCAN](#)) group and the Collegiate and Professional Sports Dietitians Association ([CPSDA](#)) to create a series of nutrition fact sheets for student-athletes and athletics administrators. As part of that partnership, sports registered dietitians have created sport specific fact sheets to address the distinct nutrition needs of each sport. Click the images below to view the available fact sheets.



Share this e-mail: [f](#) [t](#) [in](#) [p](#) | [Sign up for the SSI Newsletter](#)

NCAA is a trademark of the National Collegiate Athletic Association.

