

STUDENT WRITING #1

It is estimated that there are 300,000 sport-related brain injuries. Up until about five years ago this wasn't a problem. Before the 2000's concussions were not a serious injury. It wasn't until those old athletes, that got multiple concussions, started to suffer from them. This made people realize the dangers of concussions.

For kids between 15-24 years old sports are the second main cause of head injuries. Most people think that boys are at the most risk for concussions. It would be logical to think this because boys are the only ones who play football. As we all know, football is a very physical sport. Girls are suffering from concussions just as much as boys, but why? They don't even play football.

It is estimated that 9.5% of girl basketball injuries are concussions. This may seem like it's not very much, but for a sport that doesn't get very physical, it's a lot. Girl basketball players are three times more likely to suffer from concussions than boys (Conn, 2012). Female soccer players are 68% more likely to suffer from concussions (Conn, 2012). This is a scary number if you are a female athlete.

One might ask, why? Why are females more susceptible to concussions than males? No one is for sure but there are many theories. Dr. Cantu and many others believe that it is because girls have smaller heads. Females have 26% less total head mass than males. Also, female neck muscles are developed than males and can't absorb impact as well.

After researching I have found new information I did not know before. After reading all this, I do not believe girls are at greater risk than boys. I think it is all about how smart you play the game and how hard you are.

STUDENT WRITING #2

"Suck it up and play through it" Those words are heard a lot in the world of sports. But sometimes there are unseen injuries that can leave a devastating impact. Concussions. Concussions are a serious injury that can lead to long term effects. Even though that game may seem more important, it's not and it is time we know what is going on before bypass a serious situation.

Before you treat a concussion you have to know what it is. Well it's a bump on the head? Or so people may think, but it is much more than that. A concussion is when the brain is shaken within the skull, and cause bruising to the brain. This not always, but can, produce negative long term effects. When you break your ankle or tear an ACL serious actions are taken. Coaches won't let you play right away because they want it to heal properly so this won't happen again. But when it comes to a serious brain injury...it can be overlooked. Now why how does that make sense? It is because athletes are tough, and when we think we can keep playing we try our best until we can absolutely not keep going. Like Alaina we don't want to let down our coaches, teammates, and lastly ourselves.

When a concussion occurs what do you do? The first thing is to remember how serious it is. No matter how close the score take the athlete out! Is a letterman jacket patch equal to not being able to play..ever? The answer is no. The athletic trainer who is certified to know the symptoms will take you athlete through a series of tests like the impact test. Several steps are involved with determining if they have a concussion. But when it is determined that they have a concussion they will need to rest. There are also several symptoms that can occur like, dizziness, headaches, vomiting, irritability, neck pain, etc. Also, like Alaina, there can be behavior changes. "I felt goofy. I would start dying laughing at nothing. My friends were like your weird now!"

There's one main problem that still remains. Unawareness. "Well, these only occur in football I don't have to worry," "I have a daughter I don't need to worry since she can't play football". But all these statements are wrong. Everyone thinks that football is the only sport that can obtain concussions, which is VERY wrong! But not only that but concussions are usually associated with boys, which now thanks to more information we can prove is totally wrong. The Shippensburg University of Pennsylvania did a study that proved girls are more likely to get concussions! In games 304 girls received concussions, meanwhile boys had 254! If that doesn't prove it for you girls received 9.5% concussions in games meanwhile boys only had a 6.4%. What people need to understand is that sometimes, girls play just as hard as boys! All athletes are tough and when you mix discipline with stubbornness these numbers actually make sense! But when you take attitude out of the equation girls still prevail, because girls have weaker neck muscles than boys. This allows boys to withstand the impact better than girls.

Many cases go untreated because the will to win is greater than the will to give up. But what athletes need to understand is just because you can't see it and you may feel better sooner than with ACL tear, it is still there! Not only that but that it is serious. I believe that we need to not only inform the parents but the students. If we knew how serious these injuries really are then maybe it would be easier for us to let our bodies heal the way they need to instead of fighting it! With time we will be able to be back to what we love just like with other injuries, but first we need to know what is going on. Until then the situation won't get better and neither will we.

Sources: Conn, Jordan. 2012. Are Female Athletes at GREATER RISK for Getting Concussions?.

https://echo.newtechnetwork.org/sites/default/files/new_uploads/20121030/1351613104_Concussions.pdf

National Center for Biotechnology Information U.S National Library of Medicine. 2012. Sex Differences and the Incidence of Concussions Among Collegiate Athletes.

<http://www.ncbi.nlm.nih.gov/pubmed/14608434>

Attachments:

 [concussion.pages](#)