

IT'S MORE THAN JUST A CONCUSSION

Unpacking the socio-cultural complexities of sport-related concussion in varsity sport

RESEARCH FROM THE FRONT PORCH

RESEARCH HIGHLIGHTS

- Sport-related concussion is deeply rooted in a web of social, political, and cultural complexities. These complexities often influence how student-athletes come to (mis)manage, (mis)treat, and (mis)diagnose sport-related concussion.
- Sport-related concussion cannot only affect college athletes physically, and cognitively but can also affect them socially. Student-athletes often downplay, trivialize, or normalize concussion as a way to stay in the game, and to present themselves as 'real athletes' (Hughes & Coakley, 1991).
- To prevent and manage sport-related concussion more effectively, requires understanding the social dimensions of sport-related injury, including how being seen as a 'real athlete' needs to be recognized, and challenged by academic advisors, coaches, teammates, and athletes themselves.

Sport-related concussion should be understood in a larger context shaped by overarching social, cultural, and political forces

QUESTIONS FOR PRACTICE

1. How do academic advisors, and other staff in my athletic department currently support student-athletes who experience sport-related concussion?
2. What support systems are currently in place to assist, and support student-athletes returning-to-school from sport-related concussion? What support systems are needed to support the social affects from sport-related concussion?
3. How can athletic departments educate, inform, and better disseminate concussion information that includes the social impact to department staff, and student-athletes?



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Additional resources:

- [Return To Learn Resources](#)
- <http://horizon.parachutecanada.org/en/article/parachutes-return-to-learn-protocol/>

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