

Committee on Sports-Related Concussions in Youth

Statement of Task

An ad hoc committee will conduct a study and prepare a report on sports-related concussions in youth, from elementary school through young adulthood, including military personnel and their dependents. The committee will review the available literature on concussions, in the context of developmental neurobiology, in terms of their causes, relationships to hits to the head or body during sports, effectiveness of protective devices and equipment, screening and diagnosis, treatment and management, and long-term consequences. Specific topics of interest include:

- the acute, subacute, and chronic effects of single and repetitive concussive and non-concussive head impacts on the brain;
- risk factors for sports concussion, post-concussive syndrome, and chronic traumatic encephalopathy;
- the spectrum of cognitive, affective, and behavioral alterations that can occur during acute, subacute, and chronic posttraumatic phases;
- physical and biological triggers and thresholds for injury;
- the effectiveness of equipment and sports regulations for prevention of injury;
- hospital and non-hospital based diagnostic tools; and
- treatments for sports concussion.

Based on currently available evidence, the report will include findings on all of the above and provide recommendations to specific agencies and organizations (governmental and non-governmental) on factors to consider when determining the concussive status of a player. The report will include a section focused on youth sport concussion in military dependents as well as concussion resulting from sports and physical training at Service academies and recruit training for military personnel between the ages of 18-21. Recommendations will be geared toward research funding agencies (NIH, CDC, AHRQ, MCHB, DoD), legislatures (Congress, state legislatures), state and school superintendents and athletic directors, athletic personnel (athletic directors, coaches, athletic trainers), military personnel (sports medicine providers, athletic trainers, Service academy trainers and directors), parents, and equipment manufacturers. The report will also identify the need for further research to answer questions raised during the study process.