



CATS 2020 Webinar

Learning Objectives

Sleep Science and Its Effect on Athletic Performance and Well Being

Meeta Singh, MD, Henry Ford Hospital

Learning Objectives:

1. Examine if the sports season contribute to accumulating sleep loss and effect player and team member health and performance
2. Analyze if circadian misalignment contributes to injuries and health issues in elite and student athletes
3. Explain how basic sleep and circadian physiology applies to athletes

Nutrition and Immune Health: Considerations for Athletes

Roberta Anding, RD

Learning Objectives

1. Outline the functions of the immune system
2. Discuss dietary constituents needed for immune support
3. Explain lifestyle factors associated with immune health
4. Examine key nutrition education concepts to best support health and immune function

Student-Athlete Mental Health Survey & the Impact of COVID-19

Katherine Rizzone, MD, University of Rochester

Learning Objective

1. Recognize the potential impact COVID-19 may have on the mental health of student-athletes

Maintaining Mental Health During the Time of Uncertainty & Unrest

Kensa Gunter, PsyD, CMPC

Learning Objectives

1. Summarize the continuum of mental health
2. Identify the sources of stress for student-athletes
3. Identify skills and strategies that Certified Athletic Trainers can use to support student-athletes as related to their mental and emotional well-being
4. Develop self-care and coping strategies during a time of uncertainty

Developing a Wellness Questionnaire App for Your Athletes

Allison Pastor, MS, ATC, UC San Diego

Lauren Green, MS, CSCS, PES, UC San Diego

Vanessa Yang, MS, ATC, UC San Diego

Learning Objectives:

1. Describe the steps in this collaborative approach to mental health care using resources available on campus
2. Develop an app that includes a daily subjective wellness questionnaire for the student-athletes that asks basic questions about general readiness, sleep, food intake, and stress with help request capabilities including nutritional guidance, psychological services, and athletic training
3. Utilize framework to develop and/or advance technology to support mental health programming at your institution

Infection Prevention in Sports in Era of COVID-19 Deverick J. Anderson, MD, Duke University

Learning Objectives:

1. Examine athletes and risk of infection
2. Apply basic principles to reduce infection
3. Analyze lessons learned from NFL infection control program

Strategies Towards Optimizing Athlete Movement Function in Rehabilitation

Jared Porter, PhD, University of Tennessee

Learning Objectives:

1. Explain the difference between practice and training effects
2. Utilize techniques for providing effective instructions and feedback
3. Utilize techniques for properly focusing an athlete's attention
4. Utilize techniques to create a more effective learning environment

Update from the NCAA Chief Medical Officer

Brian Hainline, MD, NCAA

Learning Objectives:

1. Apply the core concepts of sport resocialization in the era of COVID-19
2. Analyze the implications of independent medical care, especially when teams travel without a primary athletics health care provider
3. Analyze new directions in mental health screening and cultural sensitivity issues
4. Develop techniques to create a more effective learning environment

Policy & Procedure Considerations in a Post-Covid World

Darryl Conway, MA, ATC, University of Michigan

Learning Objectives:

1. Identify & discuss how a pre-hospital interdisciplinary healthcare team works collaboratively to improve patient outcomes
2. Discuss various aspects of pandemic planning, implementation, & management
3. Demonstrate the proper sequence and implementation of critical decision-making skills and the current evidence
4. Identify & discuss policies, procedures, protocols, and/or guidelines related to the planning & management of various aspects of COVID-19 response

Assessing Illness Post-COVID-19 Team Physician Panel Discussion

Mario Ciocca, MD, University of North Carolina, Chapel Hill

Daniel Curtin, MD, Alfred University

Alysia L. Green, MD, Boston University

Yvette Rooks, MD, University of Maryland

Mark Sakr, DO, Georgia State University

Learning Objectives:

1. Discuss changes in approach to assessing illnesses
2. Compare the types of COVID-19 Testing
3. Explain cardiac and pulmonary complications and how COVID 19 impacts these systems
4. Discuss COVID-19 testing procedures and current recommendations managing positive results