

Faculty Advisory Committee on Athletics and Physical Education

Frank S. Rossi, Ph.D.
Committee Chair
CALS/SIPS-Horticulture



Overview

- ✓ **Oversight Role**

- ✓ **Academics**

 - Faculty Advisory Role**

 - Leave Policy**

 - Performance**

- ✓ **Physical Education Program**

- ✓ **Facilities**

- ✓ **Concussion Surveillance and Support**



FACAPE Charge



to provide **advice** on how the **programs** of the Department of Athletics and Physical Education can best complement and **support** the overall **educational objectives** of the University.

Leave Policy



FACULTY ADVISORY COMMITTEE ON ATHLETICS & PHYSICAL EDUCATION (FACAPE) ATHLETIC SCHEDULING AND MISSED CLASS TIME POLICY

Cornell has a longstanding policy whereby each sport's regular season competition schedule and its associated missed class time must be approved by the Faculty Advisory Committee on Athletics and Physical Education (FACAPE). This policy concurrently fulfills NCAA Bylaws (specifically 3.2.4.113) and Ivy rules (VI.G.2) and is regularly reviewed to ensure compliance with evolving NCAA and university policies. Unless otherwise outlined in this document, exceptions to scheduling and other requirements dictated by this policy must be in accordance with NCAA and Ivy rules and approved by the chairperson of FACAPE.

Department of
Athletics and Physical Education

Team Faculty Advisor Guide



Amy Foster

*Senior Associate Director of Athletics for
Compliance and Student Services*

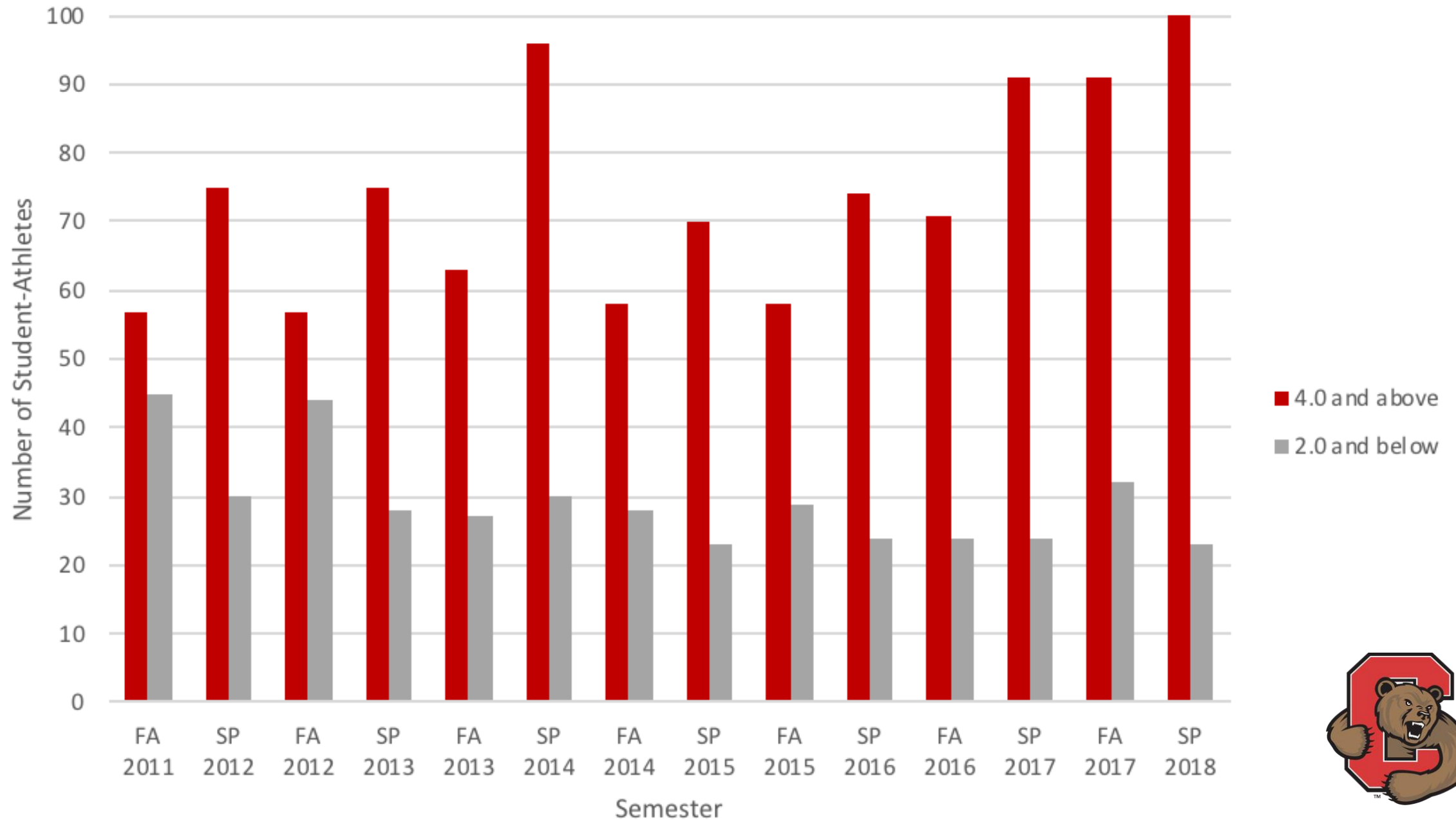


Carmen Rogers

*The Andrew '78 and Margaret Paul
Assistant Director of Athletics for
Student Services*

~ 1000 Student Athletes

Student-Athlete GPA



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Get Moving

Physical education has been a Cornell tradition since its founding—but Ezra could never have imagined the kaleidoscope of offerings on East Hill today

By Beth Saulnier & Alexandra Bond '12
March/April 2018

[Read CAM in print](#)

roughly **300** ways that Cornell students can earn physical education credit on the Hill—home to a large, vibrant, wildly varied program. Today's undergrads have to take two PE courses to graduate (though playing on a varsity or JV team qualifies), *making Cornell one of three Ivies, along with Dartmouth and Columbia, that have mandatory physical education.*



In 2016–17, roughly:

- ✓ 11,700 students were enrolled in PE**
- ✓ 11,000 had fitness center memberships**
- ✓ 3,800 did intramural sports**
- ✓ 5,000 participated through COE**
- ✓ 1400 took PE credit post-requirement**







Cornell University Sports Medicine Concussion Management Protocol



Concussion Policy, Procedures and Best Practices

Over the 2010-11 academic year the Ivy League presidents formed a committee to examine how the Ivy League could assume a leadership role in trying to limit concussive hits in the sport of football and propose any corresponding playing and practice limitations, and health and safety measures necessary to try to minimize concussion exposure, encourage concussion reporting and support concussion recovery. The Presidents adopted legislation regulating the playing and practice season as well as educational efforts aimed at accomplishing those goals.

As a result of the success of the football study, the Ivy League formed five additional committees to examine the issues surrounding concussions in women's and men's lacrosse, women and men's soccer, and women's and men's ice hockey. The Ivy League presidents adopted regulations modifying components of the playing and practice seasons and recommendations for enhancing existing educational resources.



CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
- From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussions:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.



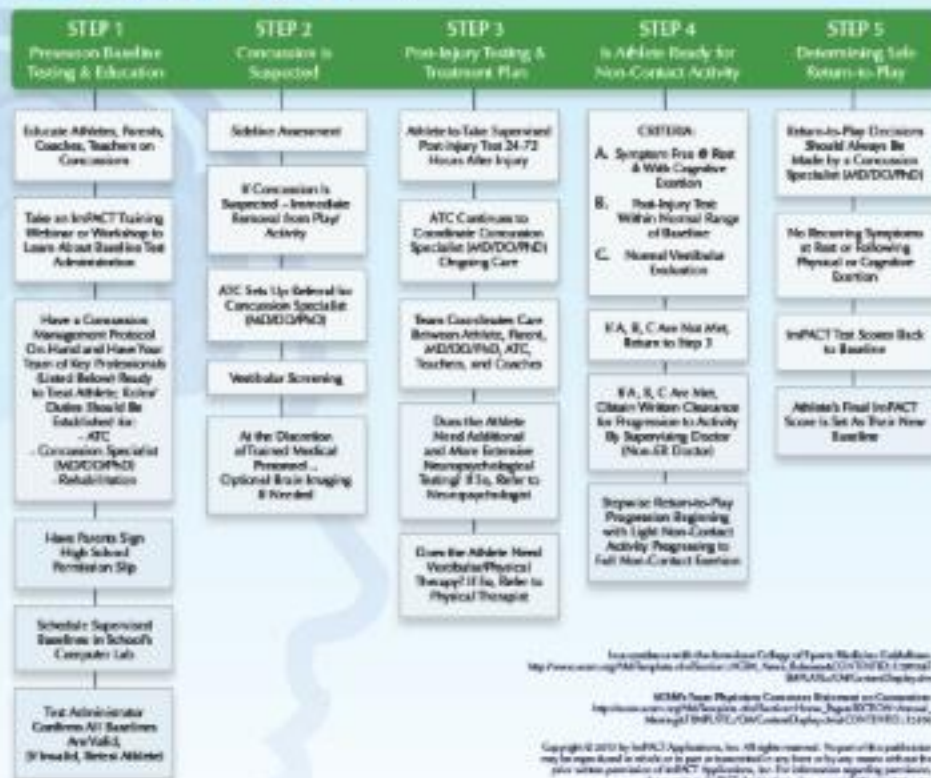
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BEST PRACTICES



ImPACT®

Concussion Management Model for Schools and Teams



In accordance with the American College of Sports Medicine Guidelines
<http://www.acsm.org/MS/Template.cfm?Section=CONC>, News, Education/CONC (01/01/10) copyright
 BAP/USA/IMPACT/Concussion/Display.htm

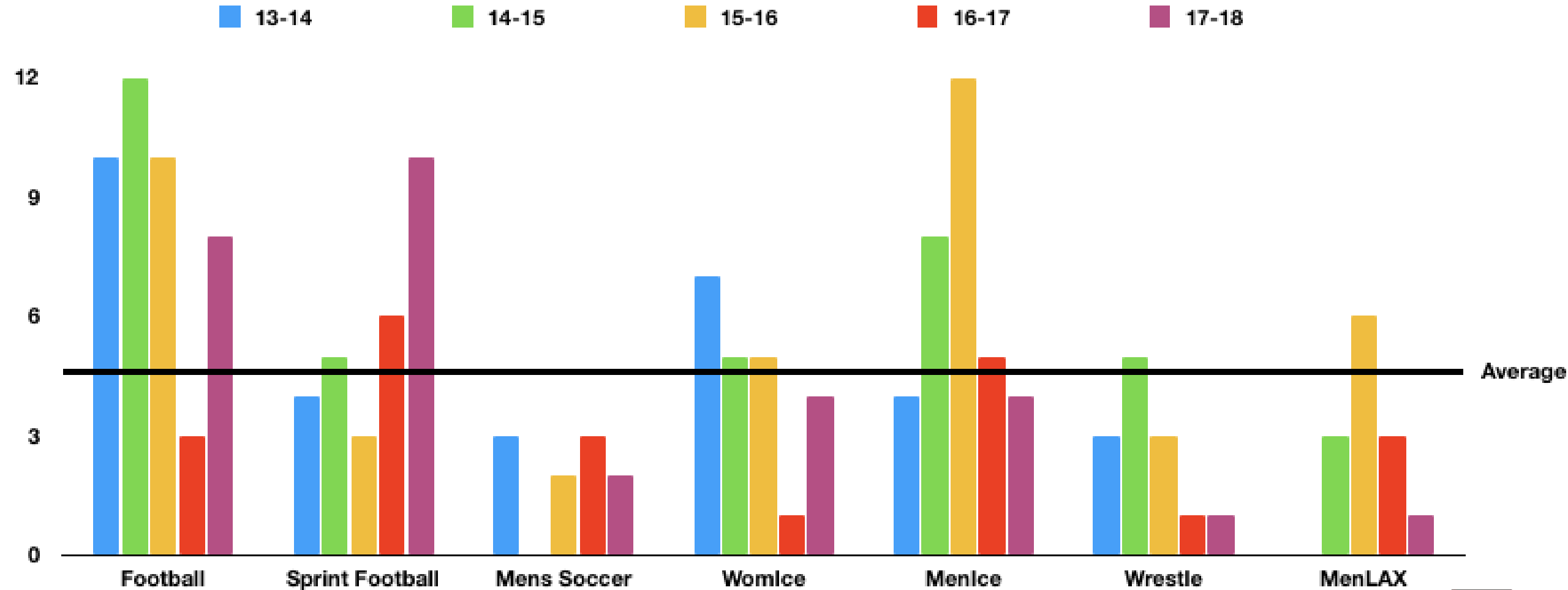
NCAA's New Physician Concussion Statement on Concussions
<http://www.ncaa.org/MS/Template.cfm?Section=CONC>, News, Education/CONC (01/01/10) copyright
 BAP/USA/IMPACT/Concussion/Display.htm

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Sport Related Concussions



October 1, 2018

Association Between the Experimental Kickoff Rule and Concussion Rates in Ivy League Football

Douglas J. Wiebe, PhD¹; Bernadette A. D'Alonzo, MPH¹; Robin Harris²; [et al](#)

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The kickoff return in football, in which athletes run at speed toward each other over a long distance with the potential for significant impacts, has been associated with a substantial number of concussions.¹ In 2015 in the Ivy League, a Division 1 conference of 8 private universities in the National Collegiate Athletic Association (NCAA), kickoffs accounted for 6% of all plays but 21% of concussions.² In response, Ivy League

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