

Measuring Concussion Risk in Football and Other Contact Sports

Abstract

Playing sports can be a lot of fun, but some sports pose higher risks of *concussions*, or brain injuries resulting from collisions, especially in contact sports like football. Some coaches, teams, and players use new warning devices mounted on helmets that sound an alarm after the head receives a serious impact. This gives an advanced warning of concussion risk (possibly before any of the medical symptoms might appear), signaling that the player should stop playing and see a medical professional. In this sports science project, you will use "shock indicator" stickers mounted on helmets (or other headgear) to see what kind of impacts many athletes experience during typical practices or games.

Objective

Use shock indicators mounted on helmets to determine the level of impacts during a typical practice or game.