

MLA

Breslow, Jason. "High School Football Players Face Bigger Concussion Risk." *PBS*. PBS, 31 Oct. 2013. Web. 10 Nov. 2014.

Summary

High school football has evolved into a sport with the greatest concussion rate even over colligate sports and even the NFL. Breslow mentions many studies to determine that concussions can lead to more permanent brain injuries such as Alzheimer's disease, depression, and even suicidal thoughts which shows up as players grow older some raising a family and working, some playing in the NFL. Also discussed was whether these more permanent brain injuries were caused by repeated hits to the head or the concussions where symptoms would last for months at a time. One of the studies mentioned focused on deceased former football players who actually had a major brain injury but wasn't found due to the fact it was thought of as "just another concussion". Most football players will agree that they have had a minor concussion that went unreported simply because they believed it wasn't serious enough. Although there was limited evidence at the time concussion rates could possibly be lowered if helmets fit properly and were designed to better protect the brain and not just the skull.

Verify

PBS Frontline published Breslow's article knowing more research can and will be conducted due to the interesting facts included. This article was a good source for both my topic and my research paper because it is a reliable source due to the many facts that back up the information. It also provided an idea on how to

good

possibly solve the concussion problem. The only thing I would have to include in my research paper that PBS didn't include is who will pay for the solution.

"Helmet Design Reduces Concussions." *Advanced Materials & Processes*

Feb 2009: 4. *Academic Search Premier*. Web. 27 Oct. 2014.

Riddell, a major football helmet provider, designed a special helmet to prevent concussions in 2009 for the Army-Navy game. This helmet was about 8-12 oz. lighter because the face guard was titanium rather than steel. The helmets were designed on a computer to protect the three main concussion points: side of head, face, and jaw. The design was made around the heads center of gravity reducing concussions by about 30%. A different form of padding on the interior of the helmet was used to better cushion the impact when the head is hit. Also the innovative helmets were custom fit for each player.

✓ ✓
The *Advanced Materials & Process Book* publishes multiple scholarly articles and research each year for scientists, researchers, and companies to look through for information that may be useful to them. Although a small article, it was very helpful for my topic and to use in my research paper due to the fact a major helmet provider already designed a helmet that have been shown to reduce concussions by 30%. The facts that back up the information make this a useful and reliable source. Although the new helmets must cost a lot of money because the article doesn't say that other teams have used the helmet therefore, in my

research paper I must be able to propose a plan for where the money will come from if schools become required to use this helmet.

"Safer Football Helmets Prevent Concussions." Advanced Materials & Processes Jul 2014: 5. Academic Search Premier. Web. 27 Oct. 2014.

The Advanced Materials & Processes article offers a logical solution to decreasing the amount of concussions in high school football. A professor conducted many studies and tested many different helmets before he proposed the idea to use a specific design that he found reduces concussion incidence. This research helped invent a newly designed helmet that had a different type of padding in order to protect the brain along with the skull. Players wearing this helmet will feel 25% less of the impact on their head, meaning the impact will be absorbed more by the helmet than an athletes head.

Vijay Gupta, the professor at the University of California Los Angeles, used his education in materials science, mechanical engineering and bioengineering to form a new and improved helmet as well as test this helmet for effectiveness.

The brief excerpt from this book provides credible information to use in my research paper on how designing a new helmet would decrease the amount of concussions, which backs up one of my possible solutions. The article helped me

grasp the fact that a certain type of padding can be much more protective than another.

Exceeds Expectations...

- ✓ talks about how you would use research
- ✓ Summarized in detail

Great work!

Comments on the research was very good, you really explained well why your research was useful and credible.

I think I met expectations because I have correct MLA format, good explanation of source, and telling if they were useful or not. I could work on explaining how my authors & sources are credible and make that portion better.