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Clinical Experience II

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Reflective Journal 10

My Clinical question group is comprised of Colin Foley, Tristian Crockett, and I. Our Little Clinical Question is "How Does Binge Drinking Affect College Athlete's Recovery Time?" In our clinical question we have Melissa Davis, Dennis Cobbler, Joe Vess, and Brianne Kilbourne. Each of these advisors have helped us find separate articles pertaining to different things having to do with the drinking and its affects on the body and a few on the NCAA. We looked into finding different affects of alcohol on the body, and how it affects athletic performance. We also wanted to look into what the NCAA had in their rules and guidelines on alcohol. As a group we have set up a google doc with all of the articles we have found and shared it with our entire advising committee so they had easy access to al of the information we pulled on the subject. Now each of us has read the articles and pulled out the important topics to talk about. Our next step is finishing a time between the three of us and compiling all of our information together. Once we do that we need to find a time that all of us and the entirety of our advising committee can attend. If we cannot find a time we can work out different alternative ways of achieving a meeting with everyone through either a video meeting, individual meeting, or just a email conversation. We ca then propose what we wanted to write for our paper and discuss the best outline for our paper. I believe this will be the biggest challenge that we face during this project. All of us with gaining clinical experience, hours of homework, and spring seasons we will be extremely busy and used for available time. Also, I know that all of our advising committee are extremely busy and have very tight schedules as well. So we might have to get creative in constructing our meeting and getting everyone present. After that our group's plan is to break up the paper into sections to get done. Then once we are done we can each edit and tweak what each other has put. Our topic has been what i expected, I was not thinking there would be many athletic benefits to binge drinking. We have just seen how detrimental it can be to athletic performance.

I have received 6 attempts and 4 masteries this week, but need to get my practical and fill it out.