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Clinical Experience II

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Reflective Journal 6

This year for my clinical question Colin and I decided to work together again. This was a no brainer for me because Colin and I worked so well together on the same project last year. Colin and I usually have similar schedules so it is easy to get together and work on things together. Also, this year Tristian did not have a partner so we decided to team up with him as well. Colin and I got together and discussed this and decided that having a new input and perspective on things would help the project and paper as a whole. We also thought that having another eye look for more journal articles would benefit the information we had to put into the project.

Our question this semester is "How Does Binge Drinking Affect College Athlete's Recovery Time?" We came to this question because we all believed that this was a pertinent thing in today's college atmosphere. Alcohol and binge drinking are very real in today's college lifestyle and some athletes have fallen into bad drinking habits. One memory that Colin and I both shared was that of when we had a 6 am morning practice the day after homecoming. We both distinctively remember that smell of alcohol on the team all from the night before. It was obvious that the team as a whole was not on our A game. I felt as if many of the hungover or still drunk kids were lacking in many aspects like recovery, hand-eye coordination, stamina, etc. Along with this some of the things we will learn in exercise physiology on the cellular level. Now we have Melissa Davis, Dennis Cobbler, and Brianne Kilbourne on our advisory committee. Also we have Joe Vess helping us from the Ampersand Center as well. We believe that this advisory committee will help us in our research and helping us find good research articles and make sure we gather accurate information. They have also helped us in altering our question and pointing us in directions that we can gather more information on. Later on we plan to meet with all of them wen possible and discuss the information that we have received and how we are going to outline our paper. Once we have this we can begin writing it and then continue to get more articles for our paper as well as get our committees advise on what we have written.

Unfortunately, I was sick this week and did not receive any attempts or masteries because I could not get in to the clinic.