Ahlskog, J. E., Geda, Y. E., Graff-Radford, N. R., & Petersen, R. C. (2011, September). Physical exercise as a preventive or disease-modifying treatment of dementia and brain aging. In *Mayo Clinic Proceedings* (Vol. 86, No. 9, pp. 876-884). Elsevier.

Alsalaheen, B. A., Mucha, A., Morris, L. O., Whitney, S. L., Furman, J. M., Camiolo-Reddy, C. E., ... & Sparto, P. J. (2010). Vestibular rehabilitation for dizziness and balance disorders after concussion. *Journal of Neurologic Physical Therapy*, *34*(2), 87-93.

Andersen, J. C., Courson, R. W., Kleiner, D. M., & McLoda, T. A. (2002). National Athletic Trainers' Association position statement: emergency planning in athletics. *Journal of Athletic Training*, *37*(1), 99.

Anderson, S., & Schnebel, B. (2016). Sideline neurological evaluation: a detailed approach to the sideline, in-game neurological assessment of contact sport athletes. *Current pain and headache reports*, *20*(7), 46.

Arbogast, K. B., McGinley, A. D., Master, C. L., Grady, M. F., Robinson, R. L., & Zonfrillo, M. R. (2013). Cognitive rest and school-based recommendations following pediatric concussion: the need for primary care support tools. *Clinical pediatrics*, *52*(5), 397-402.

Bompadre, V., Jinguji, T. M., Yanez, N. D., Satchell, E. K., Gilbert, K., Burton, M., ... & Herring, S. A. (2014). Washington State's Lystedt law in concussion documentation in Seattle public high schools. *Journal of athletic training*, *49*(4), 486-492.

Broglio, S. P., Cantu, R. C., Gioia, G. A., Guskiewicz, K. M., Kutcher, J., Palm, M., & McLeod, T. C. V. (2014). National Athletic Trainers' Association position statement: management of sport concussion. *Journal of athletic training*, *49*(2), 245-265.

Brooks, M. A., Peterson, K., Biese, K., Sanfilippo, J., Heiderscheit, B. C., & Bell, D. R. (2016). Concussion increases odds of sustaining a lower extremity musculoskeletal injury after return to play among collegiate athletes. *The American journal of sports medicine*, *44*(3), 742-747.

Brown, N. J., Mannix, R. C., O’Brien, M. J., Gostine, D., Collins, M. W., & Meehan, W. P. (2014). Effect of cognitive activity level on duration of post-concussion symptoms. *Pediatrics*, *133*(2), e299-e304.

Bryan, M. A., Rowhani-Rahbar, A., Comstock, R. D., & Rivara, F. (2016). Sports-and recreation-related concussions in US youth. *Pediatrics*, *138*(1), e20154635.

Buckley, T. A., Burdette, G., & Kelly, K. (2015). Concussion-management practice patterns of National Collegiate Athletic Association Division II and III athletic trainers: how the other half lives. *Journal of athletic training*, *50*(8), 879-888.

Carson, J. D., Lawrence, D. W., Kraft, S. A., Garel, A., Snow, C. L., Chatterjee, A., ... & Frémont, P. (2014). Premature return to play and return to learn after a sport-related concussion: physician’s chart review. *Canadian family physician*, *60*(6), e310-e315.

Collins, M. W., Kontos, A. P., Reynolds, E., Murawski, C. D., & Fu, F. H. (2014). A comprehensive, targeted approach to the clinical care of athletes following sport-related concussion. *Knee Surgery, Sports Traumatology, Arthroscopy*, *22*(2), 235-246.

Collins, M., Lovell, M. R., Iverson, G. L., Ide, T., & Maroon, J. (2006). Examining concussion rates and return to play in high school football players wearing newer helmet technology: a three-year prospective cohort study. *Neurosurgery*, *58*(2), 275-286.

Colcombe, S. J., Kramer, A. F., McAuley, E., Erickson, K. I., & Scalf, P. (2004). Neurocognitive aging and cardiovascular fitness. *Journal of Molecular Neuroscience*, *24*(1), 9-14.

Crane, A. T., Fink, K. D., & Smith, J. S. (2012). The effects of acute voluntary wheel running on recovery of function following medial frontal cortical contusions in rats. *Restorative neurology and neuroscience*, *30*(4), 325-333.

Cross, M., Kemp, S., Smith, A., Trewartha, G., & Stokes, K. (2015). Professional Rugby Union players have a 60% greater risk of time loss injury after concussion: a 2-season prospective study of clinical outcomes. *Br J Sports Med*, bjsports-2015.

Darling, S. R., Leddy, J. J., Baker, J. G., Williams, A. J., Surace, A., Miecznikowski, J. C., & Willer, B. (2014). Evaluation of the Zurich guidelines and exercise testing for return to play in adolescents following concussion. *Clinical Journal of Sport Medicine*, *24*(2), 128-133.

De Kruijk, J. R., Leffers, P., Menheere, P. P. C. A., Meerhoff, S., Rutten, J., & Twijnstra, A. (2002). Prediction of post-traumatic complaints after mild traumatic brain injury: early symptoms and biochemical markers. *Journal of Neurology, Neurosurgery & Psychiatry*, *73*(6), 727-732.

Dunning, J., Stratford-Smith, P., Lecky, F., Batchelor, J., Hogg, K., Browne, J., ... & Emergency Medicine Research Group. (2004). A meta-analysis of clinical correlates that predict significant intracranial injury in adults with minor head trauma. *Journal of neurotrauma*, *21*(7), 877-885.

Echemendia, R. J., Meeuwisse, W., McCrory, P., Davis, G. A., Putukian, M., Leddy, J., ... & Schneider, K. (2017). The sport concussion assessment tool 5th edition (SCAT5). *Br J Sports Med*, bjsports-2017.

Gagnon, I., Galli, C., Friedman, D., Grilli, L., & Iverson, G. L. (2009). Active rehabilitation for children who are slow to recover following sport-related concussion. *Brain injury*, *23*(12), 956-964.

Gibson, T. B., Herring, S. A., Kutcher, J. S., & Broglio, S. P. (2015). Analyzing the effect of state legislation on health care utilization for children with concussion. *JAMA pediatrics*, *169*(2), 163-168.

Gioia, G. A. (2016). Medical-school partnership in guiding return to school following mild traumatic brain injury in youth. *Journal of child neurology*, *31*(1), 93-108.

Giza, C. C., Kutcher, J. S., Ashwal, S., Barth, J., Getchius, T. S., Gioia, G. A., ... & McKeag, D. B. (2013). Summary of evidence-based guideline update: Evaluation and management of concussion in sports Report of the Guideline Development Subcommittee of the American Academy of Neurology. *Neurology*, *80*(24), 2250-2257.

Grubenhoff, J. A., Deakyne, S. J., Comstock, R. D., Kirkwood, M. W., & Bajaj, L. (2015). Outpatient follow-up and return to school after emergency department evaluation among children with persistent post-concussion symptoms. *Brain injury*, *29*(10), 1186-1191.

Gomez‐Pinilla, F., Zhuang, Y., Feng, J., Ying, Z., & Fan, G. (2011). Exercise impacts brain‐derived neurotrophic factor plasticity by engaging mechanisms of epigenetic regulation. *European Journal of Neuroscience*, *33*(3), 383-390.

Guskiewicz, K. M., Weaver, N. L., Padua, D. A., & Garrett, W. E. (2000). Epidemiology of concussion in collegiate and high school football players. *The American journal of sports medicine*, *28*(5), 643-650.

Guskiewicz, K. M., McCrea, M., Marshall, S. W., Cantu, R. C., Randolph, C., Barr, W., ... & Kelly, J. P. (2003). Cumulative effects associated with recurrent concussion in collegiate football players: the NCAA Concussion Study. *Jama*, *290*(19), 2549-2555.

Harmon, K. G., Drezner, J. A., Gammons, M., Guskiewicz, K. M., Halstead, M., Herring, S. A., ... & Roberts, W. O. (2013). American Medical Society for Sports Medicine position statement: concussion in sport. *Br J Sports Med*, *47*(1), 15-26.

Haynes, R. B., Devereaux, P. J., & Guyatt, G. H. (2002). Clinical expertise in the era of evidence-based medicine and patient choice. *ACP journal club*, *136*(2), A11-A11.

Herman, D. C., Zaremski, J. L., Vincent, H. K., & Vincent, K. R. (2015). Effect of neurocognition and concussion on musculoskeletal injury risk. *Current sports medicine reports*, *14*(3), 194.

Huxhold, O., Li, S. C., Schmiedek, F., & Lindenberger, U. (2006). Dual-tasking postural control: aging and the effects of cognitive demand in conjunction with focus of attention. *Brain research bulletin*, *69*(3), 294-305.

Hyden, J., & Petty, B. (2016). Sideline management of concussion. *Physical Medicine and Rehabilitation Clinics*, *27*(2), 395-409.

Iverson, G. L., Brooks, B. L., Collins, M. W., & Lovell, M. R. (2006). Tracking neuropsychological recovery following concussion in sport. *Brain injury*, *20*(3), 245-252.

Institute of Medicine (1990) Found here:  https://nccih.nih.gov/health/providers/clinicalpractice.htm

Kamins, J., Bigler, E., Covassin, T., Henry, L., Kemp, S., Leddy, J. J., ... & McLeod, T. C. V. (2017). What is the physiological time to recovery after concussion? A systematic review. *Br J Sports Med*, *51*(12), 935-940.

Kumar, N. S., Chin, M., O’Neill, C., Jakoi, A. M., Tabb, L., & Wolf, M. (2014). On-field performance of National Football League players after return from concussion. *The American journal of sports medicine*, *42*(9), 2050-2055.

Lautenschlager, N. T., Cox, K. L., Flicker, L., Foster, J. K., van Bockxmeer, F. M., Xiao, J., ... & Almeida, O. P. (2008). Effect of physical activity on cognitive function in older adults at risk for Alzheimer disease: a randomized trial. *Jama*, *300*(9), 1027-1037.

Lee, Y. M., Odom, M. J., Zuckerman, S. L., Solomon, G. S., & Sills, A. K. (2013). Does age affect symptom recovery after sports-related concussion? A study of high school and college athletes. *Journal of Neurosurgery: Pediatrics*, *12*(6), 537-544.

Leddy, J. J., Baker, J. G., Kozlowski, K., Bisson, L., & Willer, B. (2011). Reliability of a graded exercise test for assessing recovery from concussion. *Clinical journal of sport medicine*, *21*(2), 89-94.

Leddy, J. J., Kozlowski, K., Donnelly, J. P., Pendergast, D. R., Epstein, L. H., & Willer, B. (2010). A preliminary study of subsymptom threshold exercise training for refractory post-concussion syndrome. *Clinical Journal of Sport Medicine*, *20*(1), 21-27.

Leddy, J. J., & Willer, B. (2013). Use of graded exercise testing in concussion and return-to-activity management. *Current sports medicine reports*, *12*(6), 370-376.

Leddy, J., Hinds, A., Sirica, D., & Willer, B. (2016). The role of controlled exercise in concussion management. *PM&R*, *8*(3), S91-S100.

Lynall, R. C., Mauntel, T. C., Padua, D. A., & Mihalik, J. P. (2015). Acute lower extremity injury rates increase after concussion in college athletes. *Medicine & Science in Sports & Exercise*, *47*(12), 2487-2492.

Mackenzie, B., Vivier, P., Reinert, S., Machan, J., Kelley, C., & Jacobs, E. (2015). Impact of a state concussion law on pediatric emergency department visits. *Pediatric emergency care*, *31*(1), 25-30.

Maerlender, A., Rieman, W., Lichtenstein, J., & Condiracci, C. (2015). Programmed physical exertion in recovery from sports-related concussion: a randomized pilot study. *Developmental neuropsychology*, *40*(5), 273-278.

Majerske, C. W., Mihalik, J. P., Ren, D., Collins, M. W., Reddy, C. C., Lovell, M. R., & Wagner, A. K. (2008). Concussion in sports: postconcussive activity levels, symptoms, and neurocognitive performance. *Journal of athletic training*, *43*(3), 265-274.

Meehan, W. P., Mannix, R. C., Stracciolini, A., Elbin, R. J., & Collins, M. W. (2013). Symptom severity predicts prolonged recovery after sport-related concussion, but age and amnesia do not. *The Journal of pediatrics*, *163*(3), 721-725.

McLeod, T. C. V., Lewis, J. H., Whelihan, K., & Bacon, C. E. W. (2017). Rest and return to activity after sport-related concussion: a systematic review of the literature. *Journal of athletic training*, *52*(3), 262-287

McCrea, M., Guskiewicz, K. M., Marshall, S. W., Barr, W., Randolph, C., Cantu, R. C., ... & Kelly, J. P. (2003). Acute effects and recovery time following concussion in collegiate football players: the NCAA Concussion Study. *Jama*, *290*(19), 2556-2563.

McCrea, M., Iverson, G. L., McAllister, T. W., Hammeke, T. A., Powell, M. R., Barr, W. B., & Kelly, J. P. (2009). An integrated review of recovery after mild traumatic brain injury (MTBI): implications for clinical management. *The Clinical Neuropsychologist*, *23*(8), 1368-1390.

McCrory, P., Collie, A., Anderson, V., & Davis, G. (2004). Can we manage sport related concussion in children the same as in adults?. *British journal of sports medicine*, *38*(5), 516-519.

McCrory, P., Meeuwisse, W., Johnston, K., Dvorak, J., Aubry, M., Molloy, M., & Cantu, R. (2009). Consensus statement on concussion in sport–the 3rd International Conference on concussion in sport, held in Zurich, November 2008. *Journal of Clinical Neuroscience*, *16*(6), 755-763.

McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., ... & Davis, G. A. (2017). Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016. *Br J Sports Med*, bjsports-2017.

McCrory, P., Meeuwisse, W. H., Aubry, M., Cantu, R. C., Dvorak, J., Echemendia, R. J., ... & Sills, A. (2013). Consensus statement on concussion in sport—the 4th International Conference on Concussion in Sport held in Zurich, November 2012. *PM&R*, *5*(4), 255-279.

Meeuwisse, W. H., Schneider, K. J., Dvorak, J., Finch, C. F., Hayden, K. A., & McCrory, P. (2017). The Berlin 2016 process: a summary of methodology for the 5th International Consensus Conference on Concussion in Sport. *Br J Sports Med*, bjsports-2017.

Moor, H. M., Eisenhauer, R. C., Killian, K. D., Proudfoot, N., Henriques, A. A., Congeni, J. A., & Reneker, J. C. (2015). THE RELATIONSHIP BETWEEN ADHERENCE BEHAVIORS AND RECOVERY TIME IN ADOLESCENTS AFTER A SPORTS‐RELATED CONCUSSION: AN OBSERVATIONAL STUDY. *International journal of sports physical therapy*, *10*(2), 225.

Moser, R. S., Schatz, P., & Jordan, B. D. (2005). Prolonged effects of concussion in high school athletes. *Neurosurgery*, *57*(2), 300-306.

Moser, R. S., Glatts, C., & Schatz, P. (2012). Efficacy of immediate and delayed cognitive and physical rest for treatment of sports-related concussion. *The Journal of pediatrics*, *161*(5), 922-926.

Moser, R. S., Schatz, P., Glenn, M., Kollias, K. E., & Iverson, G. L. (2015). Examining prescribed rest as treatment for adolescents who are slow to recover from concussion. *Brain injury*, *29*(1), 58-63.

Mucha, A., Collins, M. W., Elbin, R. J., Furman, J. M., Troutman-Enseki, C., DeWolf, R. M., ... & Kontos, A. P. (2014). A brief vestibular/ocular motor screening (VOMS) assessment to evaluate concussions: preliminary findings. *The American journal of sports medicine*, *42*(10), 2479-2486.

Nelson, L. D., Guskiewicz, K. M., Barr, W. B., Hammeke, T. A., Randolph, C., Ahn, K. W., ... & McCrea, M. A. (2016). Age differences in recovery after sport-related concussion: a comparison of high school and collegiate athletes. *Journal of athletic training*, *51*(2), 142-152.

Nordström, A., Nordström, P., & Ekstrand, J. (2014). Sports-related concussion increases the risk of subsequent injury by about 50% in elite male football players. *Br J Sports Med*, *48*(19), 1447-1450.

Olympia, R. P., Ritter, J. T., Brady, J., & Bramley, H. (2016). Return to learning after a concussion and compliance with recommendations for cognitive rest. *Clinical Journal of Sport Medicine*, *26*(2), 115-119.

Patricios, J., Fuller, G. W., Ellenbogen, R., Herring, S., Kutcher, J. S., Loosemore, M., ... & Schneider, K. J. (2017). What are the critical elements of sideline screening that can be used to establish the diagnosis of concussion? A systematic review. *Br J Sports Med*, bjsports-2016.

Pietrosimone, B. G., Golightly, Y. M., Mihalik, J. P., & Guskiewicz, K. M. (2015). Concussion Frequency Associates with Musculoskeletal Injury in Retired NFL Players. *Medicine & Science in Sports & exercise: Official Journal of the American College of Sports Medicine*, *47*(11), 2366-2372

Ransom, D. M., Vaughan, C. G., Pratson, L., Sady, M. D., McGill, C. A., & Gioia, G. A. (2015). Academic effects of concussion in children and adolescents. *Pediatrics*, peds-2014.

Resch, J. E., May, B., Tomporowski, P. D., & Ferrara, M. S. (2011). Balance performance with a cognitive task: a continuation of the dual-task testing paradigm. *Journal of athletic training*, *46*(2), 170-175.Scalzitti, D. A. (2001). Evidence-based guidelines: application to clinical practice.

Russell, K., Hutchison, M. G., Selci, E., Leiter, J., Chateau, D., & Ellis, M. J. (2016). Academic outcomes in high-school students after a concussion: a retrospective population-based analysis. *PloS one*, *11*(10), e0165116

Schneider, K. J., Leddy, J. J., Guskiewicz, K. M., Seifert, T., McCrea, M., Silverberg, N. D., ... & Makdissi, M. (2017). Rest and treatment/rehabilitation following sport-related concussion: a systematic review. *Br J Sports Med*, bjsports-2016.

Swanson, M. W., Weise, K. K., Dreer, L. E., Johnston, J., Davis, R. D., Ferguson, D., ... & Lee, S. D. (2017). Academic Difficulty and Vision Symptoms in Children with Concussion. *Optometry and vision science: official publication of the American Academy of Optometry*, *94*(1), 60-67.

Thomas, D. G., Apps, J. N., Hoffmann, R. G., McCrea, M., & Hammeke, T. (2015). Benefits of strict rest after acute concussion: a randomized controlled trial. *Pediatrics*, *135*(2), 213-223.

Upchurch, C., Morgan, C. D., Umfress, A., Yang, G., & Riederer, M. F. (2015). Discharge instructions for youth sports-related concussions in the emergency department, 2004 to 2012. *Clinical Journal of Sport Medicine*, *25*(3), 297-299.

Wasserman, E. B., Abar, B., Shah, M. N., Wasserman, D., & Bazarian, J. J. (2015). Concussions are associated with decreased batting performance among Major League Baseball players. *The American journal of sports medicine*, *43*(5), 1127-1133.

Wasserman, E. B., Bazarian, J. J., Mapstone, M., Block, R., & van Wijngaarden, E. (2016). Academic dysfunction after a concussion among US high school and college students. *American journal of public health*, *106*(7), 1247-1253.

Williams, R. M., Welch, C. E., Parsons, J. T., & McLeod, T. C. V. (2015). Athletic trainers' familiarity with and perceptions of academic accommodations in secondary school athletes after sport-related concussion. *Journal of athletic training*, *50*(3), 262-269.

Williams, R. M., & Valovich McLeod, T. C. (2015). How are educational accommodations determined, and who should be part of the decision-making process. *Quick Questions in Sport-Related Concussion: Expert Advice in Sports Medicine. Thorofare, NJ: Slack Incorporated and the National Athletic Trainers’ Association*, 199-203.

Weber, M. L., Welch, C. E., Parsons, J. T., & McLeod, T. C. V. (2015). School nurses’ familiarity and perceptions of academic accommodations for student-athletes following sport-related concussion. *The Journal of School Nursing*, *31*(2), 146-154.

Wulf, G., McNevin, N., & Shea, C. H. (2001). The automaticity of complex motor skill learning as a function of attentional focus. *The Quarterly Journal of Experimental Psychology Section A*, *54*(4), 1143-1154.

Zemek, R., Eady, K., Moreau, K., Farion, K. J., Solomon, B., Weiser, M., & Dematteo, C. (2015). Canadian pediatric emergency physician knowledge of concussion diagnosis and initial management. *Canadian Journal of Emergency Medicine*, *17*(2), 115-122.