



PRESS RELEASE

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LIFE UNIVERSITY'S DR. MARK KOVACS SERVES AS LEAD CONTENT EXPERT ON TOPIC OF "LOAD, OVERLOAD AND RECOVERY IN THE ATHLETE" FOR THE ANNUAL TEAM PHYSICIAN CONSENSUS STATEMENT

Marietta, Georgia, April 15, 2019 – Dr. Mark Kovacs, the Director of the LIFE Sport Science Institute (LSSI) and Associate Professor in the Department of Sport Health Science at Life University (LIFE), was invited to be the content expert for the Team Physician Consensus Document on the topic of "Load, Overload and Recovery Issues in the Athlete." This is the 19th year of this prestigious event that culminates in a consensus document utilized by Team Physicians, nationally and internationally, working with athletes at all levels of sport.

"It was a real honor and privilege to be invited to contribute to this very important conference and the consensus document that is produced as a result of this event. My role was to provide the latest peer-reviewed research around the topic of Load, Overload and Recovery in Athletes with a specific focus around various technologies used to help improve performance, reduce the likelihood of injury and illness," said Dr. Kovacs. The Team Physician Consensus Conference is a joint project through multiple sports medicine related associations, including the American College of Sports Medicine, American Academy of Family Physicians, American Academy of Orthopaedic Surgeons, the American Medical Society for Sports Medicine, the American Orthopaedic Society for Sports Medicine and the American Osteopathic Academy of Sports Medicine.

"I want to thank the American College of Sports Medicine Clinical Sports Medicine Leadership committee of Dr. Stanley Herring (University of Washington), Dr. Margot Putukian (Princeton University) and Dr. Ben Kibler (Lexington Clinic) for the invitation to be the content expert for this project and for all the outstanding work they have done on improving the education around evidence-based information for athletes throughout the country," commented Dr. Kovacs.

This conference culminates in the consensus document that was published this month in all the major sports medicine journals with the goal of helping to educate Team Physicians throughout the country to aid in the improvement of athlete care at all levels of sport. This project takes nearly 18 months to complete and included reviewing hundreds of research articles and topics specifically to better understand and educate on the topic of the appropriate training and recovery strategies to optimize health, safety and performance at all levels of competitive sport. "Much of the information reviewed and evaluated is covered in many of the courses that are



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taught in the Sport Health Science Division here at Life University,” remarked Dr. Kovacs.

Link to the full resource: <https://journals.lww.com/acsm-msse/fulltext/2019/04000/Load,Overload,andRecoveryintheAthlete.26.aspx>

About Life University

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master’s and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.

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