The basic definition of a concussion is a “temporary unconsciousness that is caused by a blow to the head”. What is really unknown about concussions is that it is a mild traumatic brain injury. It can often last days or weeks but when that person has recovered it has seemed to be that the person can actually be more prone to getting another concussion. In the game of football injuries all around are common but the one that I will be discussing is the concussion, concussions are more common than we think. Football is a sport that widely known all over the world and is considered America’s sport. This paper will be addressing the different  ways that can keep players from getting concussions and how to make football a safer sport.

Before there was anything type of equipment in the sport, the one thing that they did have was the football. There were no shoulder pads, no high tech helmets, and no heavy sequester pants. Those types of luxuries did not have a place in the early rugby like form of American football. The uniforms and the paddings that come with it evolved very slowly over the years. Football players were not afraid of the fatal facts that could possibly come along with the sport around 19 athletes died in 1904 alone. “Our suits were furnished by the players and were quite a collection of different styles” said Tuffy Conn, who played in 1917 for a professional team in Massillon. Referring to the helmet as a head guard it just consisted of being leather and no padding. Looking at not having padding in the uniforms as making them seem ‘macho’ they did not realize that impact that it could end up having on them.

In the recent years the increase of the research on the neuropathological consequences of continuous head impacts and diverse concussions in athletes. Since they have become frequent in contact sports, the public health implications could end up being more significant. The consequences of the concussions