

<p>V/O VIS – STUDENTS PLAYING BASKETBALL</p> <p>VIS – SPORTS INJURY CLINIC SIGN VIS – BONE X-RAY IMAGES</p> <p>VIS – GIRL STUDYING IN LEARNING COMMONS VIS – GIRL ON LAPTOP</p>	<p>V/O Student athletes who are victims of sports injuries have to take it easy during final exams if they want to heal faster.</p> <p>A new study from Ohio State University says injuries takes longer to heal if combined with excessive stress.</p> <p>And during exam week, stress is no stranger to the average student.</p>
<p>V/O VIS – MATÉ READING BOOK VIS – MATÉ WITH AUDIENCE</p>	<p>Dr. Gabor Maté, author of the book called “When the Body Says No”, says students can help their bodies heal by getting themselves checked out as soon as possible and learning not to sweat the small stuff.</p>
<p>CLIP – GABOR MATÉ (7 SEC.)</p>	<p>CLIP – GABOR MATÉ (7 SEC.) “They need to realize there is life before and after examinations. And that they’re not the most important things in the world.”</p>
<p>V/O VIS – STUDENT AWARD PLAQUES VIS – HUMBER SOCCER TEAM STILL VIS – HUMBER SOCCER PLAYER STILL</p> <p>VIS – STUDENTS PLAYING HOCKEY</p>	<p>About 140 Guelph-Humber and Humber students participated in varsity sports this past season.</p> <p>Four of the seven are considered contact sports, which are more likely to result in injuries than non-contact sports.</p>
<p>V/O VIS – JANIQUE SHOWING PAMPHLET</p>	<p>V/O Janique Farand-Taylor, a physiotherapist and former Olympic athlete, says one way to speed up the healing process is to relax internally.</p>
<p>CLIP – JANIQUE FARAND-TAYLOR (11 SEC.)</p>	<p>CLIP – JANIQUE FARAND-TAYLOR (11 SEC.) “Stress of life has an affect because they say if you’re really stressed it’s going to open that weakest link in their system.”</p>
<p>V/O VIS – JANIQUE TALKING</p>	<p>V/O Farand-Taylor said her stress played a big factor at the Sarajevo games in 1984 when she injured her knee just before to her ski competition.</p>

<p>CLIP – JANIQUE FARAN-TAYLOR (12 SEC.)</p> <p>V/O VIS – SARAJEVO SKIING STILL</p>	<p>CLIP – JANIQUE FARAND-TAYLOR (12 SEC.)</p> <p>“I was there on site just before the opening ceremonies. We were playing soccer just to decrease the level of stress. And I was running for the ball and ---.”</p>
<p>V/O VIS – AISLINN WALKING ON CRUTCHES VIS – AISLINN FEEDING DOG</p> <p>VIS – AISLINN MAKING SOUP VIS – AISLINN TALKING</p>	<p>Aislinn McNally of the Humber Rugby Team just recently underwent surgery on her knee.</p> <p>She said the schooling took a great toll on the healing process because of the stress it gave her.</p>
<p>CLIP – AISLINN MCNALLY (12 SEC.)</p>	<p>CLIP – AISLINN MCNALLY (12 SEC.)</p> <p>“When I first did the injury it did take a longer time to heal. And I would say that there were stressful things that could have contributed to the fact that it took longer to heal than after the surgery.”</p>
<p>V/O VIS – HUMBER EXERCISE ROOM PAN</p> <p>VIS – STUDENTS ON COMPUTER VIS – STUDENTS ON LAPTOPS</p>	<p>The 2005-2006 season ended on April 7.</p> <p>But the year is yet from being over, due to the recent college faculty strike.</p>
<p>VIS – STUDENTS STUDYING AT WILLIAMS PUB VIS – STUDENTS IN THE LEARNING COMMONS</p>	<p>Students now have to compress three weeks of work into one.</p>
<p>O/C</p>	<p>O/C</p> <p>So if you are still recovering from that nasty fall or that brutal check, make sure that you check yourself into the Humber sports clinic right here on campus.</p> <p>Waiting for my appointment, this is _____ for the Guelph-Humber beat.</p>

Running Time: 0:05 black + 2:07 report + 0:05 pad = 2:17