



ANNUAL SCHOOL OF HUMAN KINETICS UNDERGRADUATE CONFERENCE

Proceedings

Laurentian University

Sudbury, ON

March 29, 2019

PROCEEDINGS EDITOR

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P3E 2C6

ISSN: 2563-2639

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PHED 2216: Research Methods in Human Kinetics

A Study of Athletic Bracing versus Kinesio® Taping in Child Soccer Players

Laurel M. Braun & Darcy Chassé

Objectives: Children from ages 6 – 12 form a large population of soccer players in Canada and are susceptible to ankle injuries while participating in the sport of soccer. While there is research on ankle injuries in individuals aged 14 and older, the majority of the research is focused on varsity and professional athletes. By researching children, we hope to gain insight into rehabilitation with the effects it has on their return to sport.

Design: A quantitative approach will be used to determine the effectiveness of Kinesio® taping versus athletic bracing in child soccer players and the time that it takes them to return to sport.

Method: Participants will be required to visit an approved and appointed physiotherapist for rehabilitation within 72 hours of their injury at which time they will be assessed and assigned treatment in the form of athletic bracing or Kinesio® taping. In addition, both groups will receive the same at home exercise program to complete. Participants will be required to follow-up with the physiotherapist on a weekly basis until they are healed and have been approved to return to play.



Changes to Health and Physical Education Curriculum: Effects on High School Students Knowledge of Consent

Megan Barnes, Olivia Guzzo-Foliaro, Morgan McGrath, Katherine Spittle

Objectives: The purpose of this study is to look at how the removal of consent from the Ontario Health and Physical Education (HPE) curriculum will impact students, and if it will affect the prevalence of sexual assault in teens. Consent is an important topic in the health and physical education curriculum and is important knowledge for safe consensual sexual relationships and encounters.

Design: We will be using quantitative data to look at the education students have on consent and incidences of sexual assault among high school students. The responses on the questionnaires will be used to generate statistics concerning the prevalence of sexual assault in high school students before and after the removal of consent from the curriculum.

Method: An online questionnaire with closed ended and multiple choice type questions will be used to gather information on students' knowledge of consent and the likelihood of committing sexual assault or being a victim. A questionnaire will be distributed to a sample of our population, which is Ontario high school students, aged 13-18. The sample will include one male and one female student from each of the four grade levels nine through to 12, totalling eight students per school. There are 896 high schools in Ontario which will provide us with a total sample of 7168 students.

The Link between Female Bodybuilders and the Development of Body Dysmorphic Disorder

Paige Farrell, Rebecca Guse, Megan Kuzenko, Gracen Lacko & Alexie Legault

Objectives: There is minimal literature on body dysmorphia and body dissatisfaction (BD) in female bodybuilding. However, there is more to be learned about female athletes who aim to compete in bodybuilding. In particular, those who initially start training in order to achieve high levels of muscularity and leanness, but develop BD due to an impaired perception towards their own physical appearance. The purpose of this research is to discover a link between female bodybuilders and the development of body dysmorphic disorder (BDD).

Design: A quantitative design will be used to explore the link between BDD and female bodybuilders, before and after changes in their physical appearance. A quantitative survey will be used to evaluate 120 female bodybuilders in Canada who compete in the bikini category. Bikini competitors will be analyzed due to its popularity, 120 women have been selected based off of research that has already been statistically significant. The surveys consisted of the Body Dysmorphic Disorder Examination (BDDE), in addition to a questionnaire to aid in diagnosing BDD. Both versions of BDDE were administered to participants in this study; the first being a structured interview administered by a clinician; the second being a self-administered version for the measurement of body image disorder symptoms.



The Bridge-Enhanced Anterior Cruciate Ligament Repair: A Proposal Study for Faster Recovery with Athletes

Taylor Richard, Lauchlin Soini, Jared Whitney, Wade Wilson & Emilee Wishman

Objectives: Within the past couple years, a new way of repairing an Anterior Cruciate Ligament (ACL) tear has been made public. There is not a lot known about this new way of repair because a standard ACL reconstruction has been trusted and so often used with athletes from 1970 up until now. The intention of this study is to draw eyes away from a standard ACL repair, and bring light to new ways of repair, using technology that has recently surfaced within the twenty-first century. The new study brought to light is the Bridge-Enhanced Anterior Cruciate Ligament Repair (BEAR). What is being focused on throughout this study is how BEAR provides more efficient ways towards recovery from the two year results of a randomized controlled clinical trial and how it shows that this BEAR technique is an improvement from allo/auto hamstring graft reconstruction for athletes.

Design: Using a qualitative analysis approach of studies performed provides an understanding view of how and why ACL damage occurs in the first place, while showing the most effective way of treatment using BEAR. A theoretical overlook of repair versus reconstruction.

Methods: A textual analysis of two issues from the *American Orthopedic Society for Sports Medicine* (Nov, 2016 and Mar 2019) showed a more efficient and faster rehabilitation rate using bridge-enhanced anterior cruciate ligament repair compared to standard ACL reconstruction. A two year post surgery check will be done with all participants to gather evidence supporting our hypothesis of BEAR.

Effects of Pre-Workout Supplements on the Heart Rates of Young Females

Hayley McKibbin Sydney Nantais Bailey Narasnek Erica Robinson

Objectives: There is little research or regulations regarding pre-workout supplements and the potential harmful effects it may cause on the heart, specifically young females as they are susceptible to social pressures and media influence of supplements branding tactics promoting usage to obtain improvements in fitness and body shape. The aim of this study is to further develop a better understanding of the potential health risks that ingredients in pre-workout such as caffeine and N-Phenethyl dimethylamine pose, such as heart palpitations and cardiovascular problems.

Design: A quantitative approach was used to determine participants' prior knowledge regarding health risks and safety of pre-workout supplements as well as to determine reasoning for turning to pre-workout.

Method: Two groups of ten females that are 20 years of age participate in an exercise regimen while either using pre-workout or without using pre-workout. Group A participants have used pre-workout supplements prior to this study whereas group B participants have never used pre-workout supplements. Throughout testing, group A takes one scoop (13.2g) of the *Total War* pre-workout by RedCon1 while group B does not. Data collected from surveys along with heart rate, blood pressure and cardiac output monitoring throughout a 15-day fitness regimen will be recorded and plotted in order to analyze any changes and/or trends in resting heart rate, active heart rate and recovery heart rate. Data retrieved will allow further understanding of the effects of caffeine and N-Phenethyl dimethylamine and the stress it puts on the hearts of young females during exercise. This may in fact open the door for research on adolescents and young adults who have not finished developing and the consequences it may cause to their cardiovascular system.



Children with Attention Deficit Hyperactivity Disorder: Exploring the Impacts of Intervention Strategies versus a Group Play Therapy Model for Children with ADHD

Kayla Babcock, Alyssa Black, Allison Mulholland & Hailey Speziale

Objectives: Little is known about which method is more effective to improve Attention Deficit Hyperactivity Disorder (ADHD) specific behavioral symptoms; intervention strategies or group play therapy. The goal of this study is to determine which type of behavioral aid would decrease behavioral symptoms associated with ADHD.

Design: This is a longitudinal approach that explores ADHD in school-age children and how these behavioral aids affect social demeanor.

Methods: An analysis of two methods of behavioral aids in relation to children with ADHD inside and outside of the classroom. A data analysis of two surveys that will be analyzed for all 48 participants collectively for from children ages six to 13 years old to determine result.

Gender Reporting Bias in Concussions Linked to Masculinity

Haley Conroy, Sarah Hoster, Cameron McCabe, Stefan Rajacic & Nick Vanderschoor

Objectives: Research shows that male hockey players are more likely to not report their concussions compared to their female counterparts. This study will explain why there is a reporting bias in males under reporting their concussions and how masculinity plays a tremendous role in this situation. In addition this study will also explain what needs to be in place in order for these male athletes to stop underreporting their concussions. We also be explain the dangers of not reporting concussions.

Design: A qualitative approach will be used to understand why women report concussions more than men.

Methods: With permission from Ontario University Athletics (OUA), we will be surveying all OUA universities on the number of concussion reports there have been in both male and female varsity hockey players over the course of the season including the playoffs. These studies will have a psychological aspect included to see if that has an influence as to why male hockey players are underreporting their concussions, therefore supporting the claim that females are more likely to report concussions.



Stress Reduction Methods and Athletic Performance: Studying the Impacts of Progressive Muscle Relaxation Regimes being applied to a Varsity Swimmers Training Schedule

Connor Brunt, Ben Dunlop, Shantae Johnson, Roxxanne Mandamin & Uzair Muhammad

Objectives: The purpose of this study is to determine if the use of progressive muscle relaxation (PMR) regimes, for stress reduction, has any effect on the performance of varsity swimmers at Laurentian University. Through this, we aim to identify how significant a role stress plays in the performance of high-level swimmers and if it can be alleviated or decreased using PMR.

Design: We will use a quantitative approach looking at swim times of athletes to examine the effect of stress reduction techniques on athletic performance. A stress questionnaire will also be used to assess the athletes prior to the application of PMR and then given again post-PMR regime.

Methods: We will advance participants through a strategically designed and facilitated PMR program, while timing a series of weekly swims by each athlete, and comparing weekly averages and personal best times to observe any changes through the course of the program.



The Frequency of Rear-End Collisions and Out-of-Vehicle Distractions amongst Men of 16 to 19-Years-Old

Alex C. Burton, Lauren Harrison, Emma A. McDougall & Mandy K. Steele

Objectives: With plenty of research having been done on distractions inside the vehicle, it has resulted in over 30 countries around the world creating penalties associated with using a device while driving. Limited efforts can be made with the uncontrollable external environment except for creating awareness of out-of-vehicle distractions and implementing changes in the way driving is being taught. An investigation between the correlation of visual out-of-vehicle distractions and the frequency of rear-end car accidents with 16 to 19-year-old male drivers will be done to make drivers aware of why their

insurance rates are increased compared to others, and to improve driving skills through drivers education which can lead to safer driving conditions for all.

Design: A quantitative approach and descriptive design will be used to assess the driving habits of 16 to 19-year-old males when a distraction outside of the vehicle is on the drivers planned route.

Methods: A three-dimensional driving simulator, which includes an eye-tracking device, will be used for this investigation. The route that the subjects will be taken on during the simulation will be roads around the City of Greater Sudbury and will include various distractions (car accident scenes) along the route. The eye tracker is used to track the movement of the eyes which will detect when the subject loses focus of the road and moves their focal point on the out of vehicle distraction.



The Use of Resistance Band Training in the Treatment of Juvenile Myasthenia Gravis

Emily Armstrong, Leah Duivesteyn & Cassidy Houston

Objectives: The purpose of this research is to develop a better understanding of the use of resistance band training as a form of treatment for individuals with Juvenile Myasthenia Gravis (JMG). Through this research we look to improve the quality of life of individuals with JMG, making it easier for them to perform activities of daily living.

Design: A longitudinal, quantitative method to developing rehabilitation strategies for the treatment of individuals with Juvenile Myasthenia Gravis. Rehabilitation strategies will be developed alongside each individual's rehab team (Physiotherapist, Occupational Therapist, Kinesiologist, etc) to design a personalized program.

Methods: In this study, 15 female participants between the ages of 10-15 will be monitored. The study will consist of an individualized program comprised of a variety of resistance band-based exercises that are based on the participants' capabilities. Participants will work through their individualized program and progress will be assessed every 3 months by the participant's rehabilitation team.



Pre-College Factors Affecting Academic Performance of International Student Soccer Athletes in the National Collegiate Athletic Association

Benjamin Basilio, Stanford Kuzanga, Jacob Pearson-Laviolette & Sarah Stoyles

Objectives: International student athletes (ISAs) are a common occurrence in National Collegiate Athletic Association (NCAA) sport today. ISAs are often seen to have success in both their athletic and academic endeavors during their time attending NCAA institutions. With regards to academic success, research has been conducted on the many resources that institutions offer to their ISAs allow them to achieve academic success. The aim of this study is try to understand how the pre-college factors for ISA's, before coming to the United States, will affect ISAs academic performance.

Design: A qualitative approach was used in determining the pre-college factors that affect the academic performances (i.e. graduation rates) and success of international student soccer athletes in the NCAA.

Methods: Data collected from the top 15 Division I men's soccer programs through online surveys sent out by email to both American students and International students. The survey will evaluate the students based upon the three categories being analyzed: pre-college academic attributes/experiences,

academic intentions before post-secondary, and goals/commitments in post-secondary setting. A comparison software will be used, allowing the researchers to easily compare and analyze the data received from the ISA's and the American student athletes who filled out the survey.



Post-Concussion Causing Depression Symptoms in U Sport Female Ice Hockey Players

Shanna E. Dolighan, Amanda Graffi, Madison Kellestine, Brynn M. O'Dwyer & Megan Potvin

Objectives: The objective of this study is to identify whether or not female ice hockey players aged 18-25 in Canadian U Sport experience depression as a post-concussion symptom, rather than it being triggered from previous life events.

Design: Within our study, the outcome of depression will be generalized into two central questions: was the participant diagnosed with depression before the concussion occurred? Or, did depression symptoms occur solely due to post concussion symptoms? From this we can further understand the effect of concussion in relation to depression within female ice hockey players.

Methods: This paper will discuss the methodological qualitative approach that analyses the participants experience throughout their life with depression in correlation with their post-concussion symptoms. It will be conducted by interviewing the individual through written and oral narratives. There will be multiple interviews conducted over a period of time to reference the athletes change in experiences.



Concussion, Head, and Neck Injury Prevention in Hockey: An Examination of the Correlation between Head Dimensions and Concussions

Justin D. Dawson, Curtis Gordon, Liam Pedersen, & Paul J. Sagriff

Objectives: In the game of hockey today a lot is known about concussions. The aim of this study is to add to that base of knowledge. The purpose of the study is to see if there is a correlation between head size and concussion rates in this sport. Using this information, coaches and trainers can attempt to make the game safer for those players who are potentially more at-risk. Equipment designers can also use this information to attempt to fine-tune their equipment to suit the specific needs of the individual players.

Design: A quantitative approach is going to be used to examine whether skull dimensions do in fact have a correlation with concussion rates.

Methods: The Commissioner of the National Hockey League (NHL) will be contacted as well as the head of the NHL Player's Association to see if they would distribute the online survey to 620 players in the NHL who dress for the most amount of games. The survey would be optional for the players to complete, but the aim is to obtain survey results from as many of the players as possible to reduce the margin of error. Having a population of 620 dressed players (20 players required to dress each game from 31 teams) each game means we need a sample size of at least 238 survey results in order to get a margin of error at +/- 4.99% with a 95% confidence level. Having these numbers means that our study will be statistically relevant and allows us to draw more precise conclusions. All of the results from the surveys would be kept confidential and anonymous.



PHED 4217: Sports in Society

Analyzing the Socio-economic Impact of the 2016 Rio De Janeiro Olympic Games

Charles M. Alexander & Mariah N. Beckett

Objectives: The Olympic Games are portrayed as an overall public good with tremendous gains that mega-events promise to bring. The aim of this study was to address the concealed economic burdens the Olympic Games bring, while challenging the position that the benefits of hosting the Olympic Games outweigh the costs.

Design: A qualitative approach was used to examine the socio-economic impact of the 2016 Rio De Janeiro Olympic Games on both the city, and those who reside locally within the city. An analysis of several web-page and peer reviewed journals from were used to assess the burdens of housing and monetary cost placed on the host countries.



Instagram's Influence on Sport Participation among Adolescent Females

Julien Belanger-Menard, Ethan Pillsworth & Sarah Sanford

Objectives: In this presentation, we will outline the feminized portrayal of female sport role models on social media platforms such as Instagram. We aim to determine whether there is a relationship between the depictions of these female sport role models on Instagram and sport participation among adolescent females.

Results: Current literature demonstrates that the hyper-feminized and ideal body shape trends on social media, especially Instagram, have created a lack of self compassion for females exposed; social comparison theory also leads to propose negative body perception among females who use Instagram. Self-efficacy literature demonstrates that negative self-perceptions might then lead decreased sport participation among adolescent females. Additionally, research suggests that pressures to conform to stereotypes that might be derived from the hyper-feminized and ideal body shape portrayals of female sport role models negatively impact sport participation among adolescent females.

Conclusion: Arguably, the hyper-feminized and ideal body shape portrayal of female sport role models on Instagram negatively impacts sport participation among adolescent females.



Head On: Reducing Concussions in Minor Hockey by Delaying the Introduction of Body Contact

Abdul Dia-Hantchi, Liam Nesbitt & Nicholas Seftel

Objectives: Our presentation will explore research surrounding head injuries in minor hockey. Based on this research we will identify what the most appropriate age is for the introduction of body contact.

Design: A systematic review was used to explore the data surrounding head injuries caused by body contact in youth hockey. We analysed data coming from seven different peer-reviewed articles that look at the relationship between head injuries in minor hockey caused by body contact and physical development.

Results: There was a large developmental gap found between athletes who were grouped together and body-checking was found to be the most common cause of concussions in youth leagues. Players in contact leagues were three times more likely to get a concussion than players in non-contact leagues. Concussions to pre-adolescent youth was also linked to the development of learning disabilities.

Conclusions: Body-checking in youth hockey should not be introduced until age 15. This gives slow developers time to catch up, while also giving exceptional players time to adjust to body contact before moving up to major junior leagues at 16.



An Analysis of Sport Coverage in NCAA Division I Women's Basketball

Burgandy Thiessen & Valerie Liard

Objectives: This paper aims to communicate the discrepancy of television coverage between men and women sport. The purpose of this analysis is to provide a better understanding that there is still a discrepancy seen in women's sport coverage today, by examining rates of television broadcasts coverage on both men and women's National Collegiate Athletic Association (NCAA) basketball.

Results: Research provides evidence for a significant difference between women's and men's basketball, where women's basketball only receives 2% coverage and men's basketball receives 95.5% coverage. The women's and men's NCAA tournaments are equivalent events, played during the same several week span. Regardless, the coverage of the women's and men's NCAA tournament during the March 2014 sample was highly inconsistent. There has been little change in sports news and highlights shows, therefore, in order to advance in women's sport, television sports broadcasts should consider in their future decisions about hiring, retention and programming.

Conclusion: This analysis examined the amount of television coverage in women's athletics, specifically in Division I NCAA basketball, and how the discrepancy of coverage still exists between men's and women's NCAA basketball.



Impact of Instagram Pictures on Body Image in Female Adolescents

Lara Pomerleau-Fontaine & Olivia Spagnoli

Objectives: This paper aims to provide an understanding regarding the sexualization of female athletes on Instagram and their impact on adolescent girls. The intention is to research the sexualization of female athletes' pictures on Instagram, self-presentation of female athletes on Instagram and adolescent girls' body image.

Design: A qualitative approach was used to explore the impact of Instagram pictures on body image in female adolescents.

Results: The use of Instagram is reported to have a negative impact on adolescent girls' self-esteem and view of their body. This is caused by the idea that women (including athletes) tend to post more sexualized pictures of themselves on Instagram. This promotes a vision of a "perfect lifestyle" that is in fact unrealistic. Unfortunately, this enables female adolescents to compare themselves to these women.

Conclusion: This presentation demonstrates that the sexualization of female athletes on Instagram does have a negative impact on adolescent girls. This presentation also suggests that further research should be done in order to explore various solutions to counter the negative effects on adolescent girls.



The Effects Inaccessibility of Sports Programs has on Low- Income Children and Youth

Hayley Chase, Olivia Hazlett & Mackenzie Robinson

Objectives: This presentations objective is to give insight into the importance of sports programs regarding disadvantaged children and youths' physical activity levels. For the purpose of this study we will be focusing on instructional sport programs for low-income children and youth in census metropolitan areas. The research problem that is being investigated is how to eliminate the barriers that children and youth in low-income families face in relation to the inaccessibility of sport programs.

Results: Considered firstly are the high costs of instructional sports programs, followed by lack of facilities due to the limited access in census metropolitan areas. These barriers play a significant role because low-income children and youth are not meeting the physical activity guidelines set forth by the World Health Organization. These issues then become detrimental on children and youth because it results in social isolation, weight problems, mental health problems, and other negative impacts.



Benefits of Physical Activity for Para-Athletes

Isobel Campbell & Brady Nicholson

Objectives: Studies on para-athletes are mainly focused on the physiology and biomechanics of the various activities that they participate in. Little research has been done on the benefits that they can gain from doing para-sports. The aim is to illustrate the different ways that sport benefits para-athletes both physically and mentally by looking at various research studies.

Results: Assessing the physical benefits of playing para-sports and doing general exercise shows the positive impact physical activity has on a para-athlete. These activities positively influence self-confidence, self-esteem, and overall well being as well as improving general physical fitness.

Conclusion: More research should be done on the benefits sport and activity has for para-athletes. Para-sports are becoming more popular and more research on the subject can introduce new opportunities for people who have a physical disability when it comes to improving fitness and wellbeing.



Understanding the Prevalence of Anorexia Athletica among Female Athletes

Kasandra Lauzon & Taylor McNabb

Objectives: Explore and extend a better understanding on how female athletes are at an increased risk to developing eating disorders when compared to the general female population. The intent is to discover why female athletes are at a higher risk of developing eating disorders and create awareness to finding a solution on how to minimize the risk.

Results: A definition of anorexia athletica and eating disorders is first presented. Following that, the risk factors specific to female athletes are discussed, along with the criteria that needs to be met for proper diagnosis of an eating disorder. The health risks, both physical and psychological, are a topic of discussion, as well as potential solutions and preventative measures that can be taken to reduce the risk in female athletes in particular.

Conclusion: The presentation concludes by suggesting that the world of athletics needs to address the issue of disordered eating at hand and create awareness and interventions for their athletes to access. By exposing the problem, the hope is that female athletes will know the risk factors and seek help when they need it.



Abuse Scandal Inquiry: Paterno and Penn State

Ken Belson

Objectives: The object of this article was to give more detailed insight of what was going on at Penn State and why most senior officials showed total and constant disregard for children's health and safety. Senior officials and Joe Paterno hid the Jerry Sandusky scandal because they were afraid of the bad publicity and what it would do to their legacy.

Results: In the end, all senior officials and Paterno were forced to step down from the university and Mr. Sandusky was arrested and charged with sexual assault. Therefore, Penn State was under pressure for the allegations and the investigations were necessary in uncovering all those guilty of the crime

Conclusion: To conclude the National Collegiate Athletic Association (NCAA) was investigating Penn State and the athletic program for sexual assault and the university would have to answer for it. Mr. Freeh was appointed by the universities board of trustees to determine the fate and the next steps for the recovery of the program. Mr. Freeh encouraged everyone at the university to have a thorough and honest review of its culture in order for this to never happen again.

